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**A HANDBOOK**  
**OF**  
**RHYTHMICAL BALANCE EXERCISES**

**BY**  
**ETHEL PERRIN and MARY SEELY STARKS**

**With an Introduction by**  
**C. O. LOUIS COLLIN, M. D.**



**PUBLISHED BY**  
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## INTRODUCTION

**T**HE hygienic value of an exercise is rated according to its effects upon the vital organs of the body; that is, from its influence upon circulation, respiration, nutrition, etc. The larger and more powerful the neuro-muscular forces involved, the quicker and stronger will this influence be felt, the more far-reaching will be its secondary effects.

In rhythmical balance exercises, also known by the name, "fancy steps," the whole weight of the body is repeatedly thrown off the ground and rhythmically changed from one foot to the other. The principal motor forces engaged herein are the extensor muscles of hip, knee, and ankle joints, which together constitute the most powerful neuro-muscular mechanism of the entire body. The immediate increase in the rate of heart beat and respiration, the feeling of warmth that accrues in a very short time from the practice of this kind of exercises, bear eloquent testimony to their power of organic stimulation.

But it is not from this cause alone that importance is attached to these forms of gymnastics. As factors in training bodily discipline and general coördination they are invaluable. If executed properly, that is, with due regard to form and rhythm, they teach beauty of posture, freedom and grace of motion. They emphasize, from a physical point of view, the best features of dancing. Indeed, in their advanced forms, and under favorable conditions, they contain all the desirable elements of the dance, and might thus be classified.

It is a wide and varied field of physical activities that is covered under this name, rhythmical balance exercises. Their value, from the point of view of economy, is considerable, as the expense of gymnastic apparatus is eliminated, and a large number of individuals can be trained at the same time by one teacher. This fact, together with their pleasurable features, their efficiency in promoting at the same time bodily grace and general organic vigor, should insure to them a prominent place in the field of physical education.

C. O. LOUIS COLLIN.

*Boston Normal School of Gymnastics,  
December, 1906.*





## AUTHORS' NOTE

In the writing out of each rhythmical balance exercise the method chosen is as follows: The left foot is used for the first important movement, and all the remaining movements of the exercise follow in order. This series is called the *formula*. The execution of the formula leaves the right foot in position to start the whole exercise over again, except where \* is found, in which case it is necessary to begin the formula with the left foot each time.

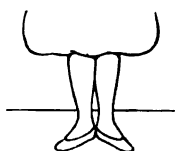
Every formula is divided into *bracketed spaces*, and within each space are shown the movements made and the positions taken during the count, or counts, indicated underneath the bracket. (See example of bracketed space in key, page 9.)

Certain signs have been adopted which can readily be understood by a careful reading of the key. Every rule that applies to the book as a whole may be found in this key; while those applying to individual groups only, may be found in remarks preceding the groups.

There are eleven *foundation steps*, with the formula for each written out, and the name beside it. To each of these are added other movements, arranged in systematic sequence, and called *variations*. The series thus made forms a group of exercises, and these groups bear the names of their foundation steps, as follows: Follow-Step, Balance-Step, Gallop-Step, Polka-Step, Two-Step, Skip-Step, Change-Step, Rocking-Step, Swing-Step, Cut-Step, Mazurka-Step. (See index.)



Figure 1



1st position

Figure 2



L 2nd position  
Touch L ←

Figure 3



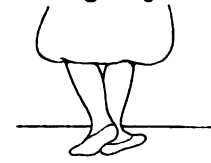
L 2nd position /<sup>d</sup>  
— L knee or leg ←  
/ L leg ←

Figure 4



L 3rd position ↑

Figure 5



L 3rd position ↓

Figure 6



L 3rd position ↓ /<sup>d</sup>

Figure 7



L 4th position ↑  
Touch L ↑

Figure 8



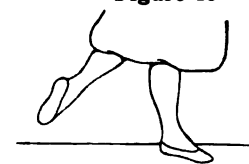
L 4th position ↑ /<sup>d</sup>  
— L knee or leg ↑  
/ L leg ↑

Figure 9



L 4th position ↓  
Touch L ↓

Figure 10



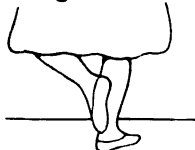
L 4th position ↓ /<sup>d</sup>  
— L knee or leg ↓  
/ L leg ↓

Figure 11



L 5th position  
Touch L 5th

Figure 12



L 5th position /<sup>d</sup>  
✓ L 5th

Figure 13



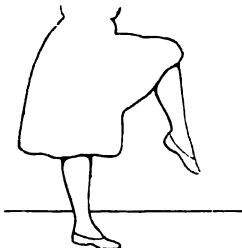
L 6th position  
Touch L 6th

Figure 14



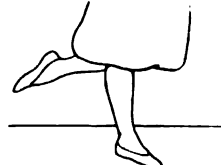
L 6th position /<sup>d</sup>  
✓ L 6th

Figure 15



✓ L knee ↑

Figure 16



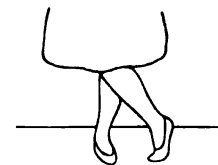
✓ L knee ↓

Figure 17



Step L ← × in front of R

Figure 18



Step L ← × in back of R



## ERRATA

Page 8, Tenth line down—for 3rd  $\nearrow^d$  read 3rd  $\downarrow \nearrow^d$ .

" 9, Twelfth line down—count 2 should read Hop R,  $\vee$  & — L knee  $\uparrow$   
2

" 29, Numbers 45-47—counts under third bracketed space should read 3, 4, 5, 6.

" 54, Number 121—count 9 should read hop L,  $\nearrow$  R leg  $\uparrow$   
9

" 57, For Tempo II, read Tempo I.

" 57, Numbers 3, 4, 5—where X occurs read sign  $\times$ .

" 63, Numbers 141, 142—count 12 should read hop R,  $\nearrow$  L leg  $\downarrow$ . Counts 13-16 should read front-and-rear L side-skip-step  
12 13-16

" 98, Number 60—end should read and with  $\cup\cup$  45° R on 2, 3.

" 105, Numbers 1, 2, 3—where 5th occurs, read 5th  $\nearrow^d$

" 107, Third line up—instead of clause and repeat with  $\cup\cup$  on 22-24, read and repeat with  $\cup\cup$  180° R on 22-24.

" 112, Numbers 22-24—counts 13-16 should read front, or rear, or front-and-rear L side-skip-step  
13, 14, 15, 16

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# KEY

## LIST OF SIGNS

- L : Left.
- R : Right.
- ↑ : Forward direction.
- ↓ : Backward direction.
- ↕ : Forward and Backward.
- ← : Sideways to the left.
- : Sideways to the right.
- ↔ : Both directions sideways.
- ↖ : Diagonally forward to the left.
- ↗ : Diagonally forward to the right.
- ↙ : Diagonally backward to the left.
- ↘ : Diagonally backward to the right.
- / : Raise. (See figures 3, 8, and 10.)
- /<sup>d</sup> : Raised.
- \ : Sink.
- √ : Bend. (See figures 12, 14, 15, and 16.)
- : Stretch. (See figures 3, 8, and 10.)
- ω : Twist or twisting.

Twisting 45° on a movement does not change the direction of any following movements from that of the original formula. Twisting 90° and 180°, however, so places the feet that the original directions of the arrows do not apply, and following movements must, therefore, be based on the new starting-point. When a return from a twisting is possible within the given formula, it is so stated. When the last count of the formula leaves one twisted, the next execution of the formula must be used for the return and twisting again. Wherever the phrase "and with ω" is found applied to an exercise, the twisting is optional.

× : Across. (See figures 17 and 18.)

□ : Square, and is the figure made when a formula and the 90° twisting indicated with it are repeated enough times to bring one back to the original starting-point, a hollow square having been made.

**POSITIONS OF THE FEET.** In all but 1st, the positions are described for the left foot only.

- 1st. Heels together with the feet at 90° angle. (See figure 1.)
- 2nd. The left toe touching at the left side. (See figure 2.)
- 2nd/<sup>d</sup>. The left foot extended at the left side, raised off the floor. (See figure 3.)
- 3rd↑. The left toe touching the floor at the right instep. (See figure 4.)
- 3rd↓. The left instep against the right heel, with the left toe touching the floor. (See figure 5.)
- 3rd/<sup>d</sup>. The left instep against the back of the right leg just above the heel, with the left foot raised off the floor. (See figure 6.)
- 4th↑. The left toe touching the floor in front. (See figure 7.)
- 4th↑/<sup>d</sup>. The left foot extended forward, raised off the floor. (See figure 8.)
- 4th↓. The left toe touching the floor behind. (See figure 9.)
- 4th↓/<sup>d</sup>. The left foot extended backward, raised off the floor. (See figure 10.)
- 5th. The left toe touching the floor at the right heel, with the left ankle extended. (See figure 11.)
- 5th/<sup>d</sup>. The left foot against the back of the right leg, with the left ankle extended, the foot raised off the floor, and the knee kept well out. (See figure 12.)
- 6th. The left toe touching the floor at the right toe, with the left ankle extended. (See figure 13.)
- 6th/<sup>d</sup>. The left foot against the front of the right leg, with the left ankle extended, the foot raised off the floor, and the knee kept well out. (See figure 14.)

**MOVEMENTS.** The following movements are described for the left foot only, and in a sideways direction to the left.

**STEP.** Place the left foot to the left side, transferring the weight to it.

**SLIDE.** Slide the left foot on the floor to the left side, transferring the weight to it.

**LEAP.** Spring lightly from the right foot to the left, bringing the right foot immediately into 5th position raised.

**HOP.** Standing on the left foot, make a light hop, keeping the right foot in 3rd position backward raised.

**CUT.** Standing on the right foot, with the left foot raised off the floor, displace the right foot by the left. A cut may be made from any given position or movement of one foot into any given position or movement of the other.

**TOUCH.** Standing on the right foot, make a light rebounding touch with the left toe to the left side. (See figure 2.)

**TOGETHER.** When the feet are separated and the weight is on the right, bring the left up to the right.

**HOLD.** Remain in the position last taken.



**BRACKETED SPACE.** The three following examples are offered as explanations of bracketed spaces. The first interprets a simple formula. The second describes the execution of several movements on one count. The third shows a single movement requiring more than one count.

$\boxed{\text{L leg } \uparrow, \vee \text{ R knee} \mid \text{— R knee} \mid \text{touch L } \uparrow \mid \text{L follow-step } \uparrow \text{ or } \downarrow}$  *Raise left leg forward, bend right knee.* These

movements are enclosed in the first bracketed space to show that they are done simultaneously, and the figure 1 underneath indicates that the execution of them takes one count. *Stretch right knee.* This movement is done on count 2. *Touch left toe forward.* This movement is done on count 3. *Left follow-step forward, or left follow-step backward.* (See page 13, steps number 1 and 2 for the definition of left follow-step forward and backward.) As the follow-step requires two counts, below this bracketed space are written 4 and 5. The choice of direction forward or backward indicates that counts 1, 2, and 3 may precede the left follow-step forward or may precede the left follow-step backward.

$\boxed{\text{Hop R, } \text{L leg } \uparrow \mid \text{hop R, } \vee \text{ \& — L knee } \downarrow}$  Notice that counts 1 and 2 are of the same duration; but, while in

count 1 the simultaneous movements for left and right are both single, in count 2 they are a single one for the right and a double one for the left, the two parts of which must be done in quick succession.

$\boxed{\text{Step L } \leftarrow \mid \text{R leg } \uparrow \mid \text{hop L}}$  In this formula the raising of the right leg is not completed until the hop has been

made by the left foot on count 3. Care must be taken not to mistake the hop for a fourth count.

**VARIATION.** In the first formula used for the explanation of bracketed space the movements done on counts 1, 2, and 3 form the variation.

**FOUNDATION.** The follow-step on counts 4, 5 of the same formula as above, is the foundation.

**TEMPO.** This is the term used to indicate the rate at which the exercises are taken when learned; but during the early practice of them the rate of execution may depend upon the teacher's discretion.

*Tempo I.* means that each count of the formula requires one second of time.

*Tempo II.* means that each count of the formula requires one-half second of time.

**SPECIAL NOTES.**

- a. When a new movement is given for one foot only, the other remains in its last position.
- b. When any variation beginning with a hop is repeated with change of feet, this first hop is changed to a cut on the repetition.
- c. When the formula is repeated it begins again with the same foot.



# THE FOLLOW-STEP

## REMARKS

The Follow-Step is representative of a class of exercises that enable the pupil to acquire erect carriage and accurate movement. It has the elements of a march, and is somewhat more military than æsthetic in character. As it is easily learned, it forms a good introduction to more complicated exercises. The tempo should never be quickened, and each movement should be done with precision, with class-counting as an aid.

If music is used, 4/4 march time is suitable, or well marked 6/8 time, when not played too fast. This rhythm applies to such exercises of the group as have two, four, or eight counts. The three-count formulæ may be done to 3/4 minuet time. The five-count formulæ are not to be done to music.



# FOLLOW-STEP

TEMPO I.

Number		Counts
1	Step L ↑, / R heel together with R in 1st This is the L follow-step ↑..... <div> <div>1</div> <div>2</div> </div>	2
2	Step L ↓, / R heel together with R in 1st This is the L follow-step ↓..... <div> <div>1</div> <div>2</div> </div>	2
3	Step L ←, / R heel together with R in 1st This is the L follow-step ←..... <div> <div>1</div> <div>2</div> </div> <p>Numbers 1, 2, and 3 may be done continuously with same foot leading or may be done with alternate feet.</p>	2
4	/ L leg ↑   L follow-step ↑   ..... <div> <div>1</div> <div>2, 3</div> </div>	3
5	/ L leg ↓   L follow-step ↓   ..... <div> <div>1</div> <div>2, 3</div> </div>	3
6	/ L leg ←   L follow-step ←   ..... <div> <div>1</div> <div>2, 3</div> </div>	3
7	✓ L knee ↑   L follow-step ↑   ..... <div> <div>1</div> <div>2, 3</div> </div>	3
8	✓ L knee ↓   L follow-step ↓   ..... <div> <div>1</div> <div>2, 3</div> </div>	3
9, 10	✓ L knee ↑ or ↓   — L knee ↑   L follow-step ↑   ..... <div> <div>1</div> <div>2</div> <div>3, 4</div> </div>	4
11	✓ L knee ↑   — L knee ↓   L follow-step ↑   ..... <div> <div>1</div> <div>2</div> <div>3, 4</div> </div>	4

# FOLLOW-STEP

Number		Counts
12, 13	<div> <div>1</div> <div>2</div> <div>3, 4</div> </div> √ L knee ↑ or ↓   — L knee ↓   L follow-step ↓   .....	4
14	<div> <div>1</div> <div>2</div> <div>3, 4</div> </div> √ L knee ↓   — L knee ↑   L follow-step ↓   .....	4
15, 16	<div> <div>1</div> <div>2</div> <div>3, 4</div> </div> / R leg ↑   √ L knee ↑   L follow-step ↑ or ↓   .....	4
17	<div> <div>1</div> <div>2</div> <div>3, 4</div> </div> / L leg ↓   √ L knee ↑   L follow-step ↑   .....	4
18	<div> <div>1</div> <div>2</div> <div>3, 4</div> </div> / L leg ↑, √ & — R knee   L follow-step ↑   .....	3
19	<div> <div>1</div> <div>2</div> <div>3, 4</div> </div> / L leg ↓, √ & — R knee   L follow-step ↓   .....	3
20-22	<div> <div>1</div> <div>2, 3</div> </div> / L leg ←, √ & — R knee   L follow-step ↑, ↓, or ←   .....	3
23	<div> <div>1</div> <div>2</div> <div>3, 4</div> </div> / L leg ↑   √ & — R knee   L follow-step ↑   § .....	4
24	<div> <div>1</div> <div>2</div> <div>3, 4</div> </div> / L leg ↓   √ & — R knee   L follow-step ↓   § .....	4
25-27	<div> <div>1</div> <div>2</div> <div>3, 4</div> </div> / L leg ←   √ & — R knee   L follow-step ↑, ↓, or ←   § .....	4
28	<div> <div>1</div> <div>2</div> <div>3, 4</div> </div> / L leg ↓, √ R knee   — R knee   L follow-step ↓   § .....	4
29	<div> <div>1</div> <div>2</div> <div>3, 4</div> </div> / L leg ↑, √ R knee   — R knee   L follow-step ↑   § .....	4
30-32	<div> <div>1</div> <div>2</div> <div>3, 4</div> </div> / L leg ←, √ R knee   — R knee   L follow-step ↑, ↓, or ←   § .....	4
	<div> <div>1</div> <div>2</div> <div>3, 4</div> </div> § See Key, special note a, page 9.	

# FOLLOW-STEP

Number		Counts
33	Touch L ↑   L follow-step ↑   ..... 1                      2, 3	3
34	Touch L ↓   L follow-step ↓   ..... 1                      2, 3	3
35	Touch L ←   L follow-step ←   ..... 1                      2, 3	3
36	/ L leg ↑   touch L ↑   L follow-step ↑   ..... 1                      2                      3, 4	4
37	/ L leg ↓   touch L ↓   L follow-step ↓   ..... 1                      2                      3, 4	4
38	/ L leg ←   touch L ←   L follow-step ←   ..... 1                      2                      3, 4	4
39, 40	✓ L knee ↑ or ↓   — L knee ↑   touch L ↑   L follow-step ↑   ..... 1                      2                      3                      4, 5	5
41, 42	✓ L knee ↑ or ↓   — L knee ↓   touch L ↓   L follow-step ↓   ..... 1                      2                      3                      4, 5	5
43	/ L leg ↑, ✓ & — R knee   touch L ↑   L follow-step ↑   ..... 1                      2                      3, 4	4
44	/ L leg ↓, ✓ & — R knee   touch L ↓   L follow-step ↓   ..... 1                      2                      3, 4	4
45-47	/ L leg ↔, ✓ & — R knee   touch L ←   L follow-step ↑, ↓, or ←   ..... 1                      2                      3, 4	4
48	/ L leg ↑   ✓ & — R knee   touch L ↑   L follow-step ↑   § ..... 1                      2                      3                      4, 5	5
49	/ L leg ↓   ✓ & — R knee   touch L ↓   L follow-step ↓   § ..... 1                      2                      3                      4, 5	5

§ See Key, special note a, page 9.

## FOLLOW-STEP

Number		Counts
50-52	<div> <div>/ L leg ←   √ &amp; — R knee   touch L ←   L follow-step ↑, ↓, or ←   §</div> <div>1 2 3 4, 5</div> </div>	5
53	<div> <div>/ L leg ↑, √ R knee   — R knee   touch L ↑   L follow-step ↑   §</div> <div>1 2 3 4, 5</div> </div>	5
54	<div> <div>/ L leg ↓, √ R knee   — R knee   touch L ↓   L follow-step ↓   §</div> <div>1 2 3 4, 5</div> </div>	5
55-57	<div> <div>/ L leg ←, √ R knee   — R knee   touch L ←   L follow-step ↑, ↓, or ←   §</div> <div>1 2 3 4, 5</div> </div>	5
58-60	<div> <div>Touch L 5th, √ &amp; — knees   L follow-step ↑, ↓, or ←  </div> <div>1 2, 3</div> </div>	3
61, 62	<div> <div>Touch L 5th, √ &amp; — knees   touch L ↑   L follow-step ↑ or ↓  </div> <div>1 2 3, 4</div> </div>	4
63	<div> <div>Touch L 5th, √ &amp; — knees   touch L ↓   L follow-step ↓  </div> <div>1 2 3, 4</div> </div>	4
64-66	<div> <div>Touch L 5th, √ &amp; — knees   touch L ←   L follow-step ↑, ↓, or ←  </div> <div>1 2 3, 4</div> </div>	4
67, 68	<div> <div>Touch L 5th, √ &amp; — knees   touch L ↑   touch L ←   L follow-step ↑ or ↓  </div> <div>1 2 3 4, 5</div> </div>	5
69	<div> <div>Touch L 5th, √ &amp; — knees   touch L ↑   touch L ↓   L follow-step ↓  </div> <div>1 2 3 4, 5</div> </div>	5
70, 71	<div> <div>Touch L 5th, √ &amp; — knees   touch L ↓   touch L ↑ or ←   L follow-step ↓  </div> <div>1 2 3 4, 5</div> </div>	5
72, 73	<div> <div>Touch L 5th, √ &amp; — knees   touch L ←   touch L ↑   L follow-step ↑ or ↓  </div> <div>1 2 3 4, 5</div> </div>	5

§ See Key, special note a, page 9.



# FOLLOW-STEP

Number		Counts
74	Touch L 5th, / & — knees   touch L ←   touch L ↓   L follow-step ↓   ..... <div> <div>1</div> <div>2</div> <div>3</div> <div>4, 5</div> </div>	5
75-77	Step L ←   touch R 5th, / & — knees   step R →   touch L 5th, / & — knees   L follow-step ↑, ↓, or ←   <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5, 6</div> </div> R follow-step in corresponding direction ↑, ↓, or →   ..... <div>7, 8</div>	8
78-80	Step L ←   touch R ↑   step R →   touch L ↑   L follow-step ↑, ↓, or ←   R follow-step in corresponding direction ↑, ↓, or → <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5, 6</div> <div>7, 8</div> </div> Heels / and \ may be added at the end of every follow-step (one extra count). L heel / and \ (one extra count) may be inserted before the last count of every follow-step.	8



# THE BALANCE-STEP

## REMARKS

The Balance-Step illustrates the same kind of movement as the Follow-Step, but in this case the difficulty of maintaining the balance is greater. It is, therefore, one of the most valuable means of securing a strong and graceful carriage in walking.

The music suitable for Balance-Step is the same as that for Follow-Step. (See page 11.)



# BALANCE-STEP

TEMPO I.

Number		Counts
1	Step L ↑, / R heel   hold   This is the L balance-step ↑. ....	2
	1 2	
2	Step L ↓, / R heel   hold   This is the L balance-step ↓. ....	2
	1 2	
3	/ L leg ↑   L balance-step ↑   .....	3
	1 2, 3	
4	/ L leg ↓   L balance-step ↓   .....	3
	1 2, 3	
5	√ L knee ↑   L balance-step ↑   .....	3
	1 2, 3	
6	√ L knee ↓   L balance-step ↓   .....	3
	1 2, 3	
7, 8	√ L knee ↑   — L knee ↑   L balance-step ↑ or ↓   .....	4
	1 2 3, 4	
9	√ L knee ↓   — L knee ↓   L balance-step ↓   .....	4
	1 2 3, 4	
10	/ L leg ↑   √ L knee ↑   L balance-step ↑   .....	4
	1 2 3, 4	
11	/ L leg ↑, √ & — R knee   L balance-step ↑   .....	3
	1 2, 3	
12	/ L leg ↓, √ & — R knee   L balance-step ↓   .....	3
	1 2, 3	

## BALANCE-STEP

Number		Counts
13	<div> <div> <div>L leg ↑</div> <div>√ &amp; — R knee</div> <div>L balance-step ↑</div> </div> <div>§</div> </div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div>	4
14	<div> <div> <div>L leg ↓</div> <div>√ &amp; — R knee</div> <div>L balance-step ↓</div> </div> <div>§</div> </div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div>	4
15	<div> <div>Touch L ↑</div> <div>L balance-step ↑</div> </div> <div> <div>1</div> <div>2, 3</div> </div>	3
16	<div> <div>Touch L ↓</div> <div>L balance-step ↓</div> </div> <div> <div>1</div> <div>2, 3</div> </div>	3
17	<div> <div> <div>L leg ↑</div> <div>touch L ↑</div> <div>L balance-step ↑</div> </div> </div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div>	4
18	<div> <div> <div>L leg ↓</div> <div>touch L ↓</div> <div>L balance-step ↓</div> </div> </div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div>	4
19	<div> <div> <div>√ L knee ↑</div> <div>— L knee ↑</div> <div>touch L ↓</div> <div>L balance-step ↑</div> </div> </div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4, 5</div> </div>	5
20	<div> <div> <div>√ L knee ↑</div> <div>— L knee ↓</div> <div>touch L ↓</div> <div>L balance-step ↓</div> </div> </div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4, 5</div> </div>	5
21	<div> <div> <div>√ L knee ↓</div> <div>— L knee ↓</div> <div>touch L ↓</div> <div>L balance-step ↓</div> </div> </div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4, 5</div> </div>	5
22	<div> <div> <div>L leg ↑, √ &amp; — R knee</div> <div>touch L ↑</div> <div>L balance-step ↑</div> </div> </div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div>	4
23	<div> <div> <div>L leg ↓, √ &amp; — R knee</div> <div>touch L ↓</div> <div>L balance-step ↓</div> </div> </div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div>	4
24	<div> <div> <div>L leg ↑</div> <div>√ &amp; — R knee</div> <div>touch L ↑</div> <div>L balance-step ↑</div> </div> <div>§</div> </div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4, 5</div> </div>	5

§ See Key, special note a, page 9.

# BALANCE-STEP

Number		Counts
25	<div> <div>1</div> <div>2</div> <div>3</div> <div>4, 5</div> </div> / L leg ↓   √ & — R knee   touch L ↓   L balance-step ↓   § .....	5
26	<div> <div>1</div> <div>2</div> <div>3</div> <div>4, 5</div> </div> / L leg ↑   / L leg ↓, √ & — R knee   touch L ↑   L balance-step ↑   .....	5
27	<div> <div>1</div> <div>2</div> <div>3</div> <div>4, 5</div> </div> / L leg ↓   / L leg ↑, √ & — R knee   touch L ↓   L balance-step ↓   .....	5
28, 29	<div> <div>1</div> <div>2, 3</div> </div> Touch L 5th, √ & — knees   L balance-step ↑ or ↓   .....	3
30, 31	<div> <div>1</div> <div>2</div> <div>3, 4</div> </div> Touch L 5th, √ & — knees   touch L ↑ or ←   L balance-step ↑   .....	4
32	<div> <div>1</div> <div>2</div> <div>3, 4</div> </div> Touch L 5th, √ & — knees   touch L ↑   L balance-step ↓   .....	4
33, 34	<div> <div>1</div> <div>2</div> <div>3, 4</div> </div> Touch L 5th, √ & — knees   touch L ↓ or ←   L balance-step ↓   .....	4
35	<div> <div>1</div> <div>2</div> <div>3</div> <div>4, 5</div> </div> Touch L 5th, √ & — knees   touch L ↑   touch L ←   L balance-step ↑   .....	5
36	<div> <div>1</div> <div>2</div> <div>3</div> <div>4, 5</div> </div> Touch L 5th, √ & — knees   touch L ←   touch L ↑   L balance-step ↑   .....	5
37, 38	<div> <div>1</div> <div>2</div> <div>3</div> <div>4, 5</div> </div> Touch L 5th, √ & — knees   touch L ↑   touch L ↓ or ←   L balance-step ↓   .....	5
39, 40	<div> <div>1</div> <div>2</div> <div>3</div> <div>4, 5</div> </div> Touch L 5th, √ & — knees   touch L ↓   touch L ↑ or ←   L balance-step ↓   .....	5
41, 42	<div> <div>1</div> <div>2</div> <div>3</div> <div>4, 5</div> </div> Touch L 5th, √ & — knees   touch L ←   touch L ↑ or ↓   L balance-step ↓   .....	5

§ See Key, special note a, page 9.

## BALANCE-STEP

Number		Counts
*43, 44	<div> <div>Step L ←   touch R 5th, √ &amp; — knees   step R →   touch L 5th, √ &amp; — knees   L balance-step ↑ or ↓  </div> <div> <div>1                      2                      3                      4                      5, 6</div> <div>R balance-step in same direction ↑ or ↓   .....  </div> <div>7, 8</div> </div> </div>	8
*45, 46	<div> <div>Step L ←   touch R ↑   step R →   touch L ↑   L balance-step ↑ or ↓   R balance-step in same direction ↑ or ↓   .....  </div> <div> <div>1                      2                      3                      4                      5, 6                      7, 8</div> <div>L heel / and \ may be added at the end of every balance-step (one extra count).</div> </div> </div>	8
	* See Key, special note c, page 9.	



# THE GALLOP-STEP

## REMARKS

The Gallop-Step requires greater coördination than the preceding groups, because, although the movements made are simple, they are done in quick succession. The exercises are especially suitable for young children.

Note that Tempo I. is the time in which all Gallop-Steps are done, but to make them clearer for teaching, the foundation steps, numbers 1-6, inclusive, are described in Tempo II.

The exercises of the Gallop-Step that require four, eight, or sixteen counts may be done to 2/4 polka or galop music. Most of those taking three, six, or twelve counts do not well adapt themselves to music.



# GALLOP-STEP

TEMPO I.

Number		Counts
1	Step L ↑   together with R in 3rd ↓   step L ↑   together with R in 3rd ↓   step L ↑   hold	6
	1 2 3 4 5 6	
2	Step L ↓   together with R in 3rd ↑   step L ↓   together with R in 3rd ↑   step L ↓   hold	6
	1 2 3 4 5 6	
3	Step L ←   together with R in 3rd ↓   step L ←   together with R in 3rd ↓   step L ←   hold	6
	1 2 3 4 5 6	
<p>These forms are shown as a teaching analysis, but are cumbersome as a basis for variations.</p>		
	<p>Step L   together with R in 3rd   step L   together with R in 3rd   step L   hold   TEMPO I. (See Remarks, page 25.)</p> <p>1 2 3 4 5 6</p> <p>1 2 3</p>	3
<p>Let counts 1 and 2, therefore, constitute the 1st count, 3 and 4 the 2nd count, 5 and 6 the 3rd count. The steps are then called the three-count L gallops-steps, respectively ↑, ↓, and ←.</p>		
4	Step L ↑, together with R in 3rd ↓   step L ↑, together with R in 3rd ↓   step L ↑, together with R in 3rd ↓   step L ↑, hold	4
	1 2 3 4	
5	Step L ↓, together with R in 3rd ↑   step L ↓, together with R in 3rd ↑   step L ↓, together with R in 3rd ↑   step L ↓, hold	4
	1 2 3 4	
6	Step L ←, together with R in 3rd ↓   step L ←, together with R in 3rd ↓   step L ←, together with R in 3rd ↓   step L ←, hold	4
	1 2 3 4	
<p>These steps are called the four-count L gallop-steps ↑, ↓, and ←.</p> <p>Numbers 1-6 inclusive may be done adding a hop without an extra count at the beginning of each step. They then become hop-gallop-steps.</p>		

## GALLOP-STEP

Number		Counts
7, 8	Hop R, / L leg ↑   hop R, / L leg ↓   four-count L hop-gallop-step ↑ or ←   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span> <span>2</span> <span>3, 4, 5, 6</span> </div>	6
9-11	Hop R, / L leg ↓   hop R, / L leg ↑   four-count L hop-gallop-step ↑, ↓, or ←   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span> <span>2</span> <span>3, 4, 5, 6</span> </div> <p style="text-align: center;">Numbers 7-11 inclusive may be done repeating the variation with the same foot, increasing the number of counts to 8.</p>	6
12, 13	Touch L ↑   touch L ↓   four-count L gallop-step ↑ or ←   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span> <span>2</span> <span>3, 4, 5, 6</span> </div>	6
14-16	Touch L ↓   touch L ↑   four-count L gallop-step ↑, ↓, or ←   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span> <span>2</span> <span>3, 4, 5, 6</span> </div>	6
17-19	Touch L ←   touch L ↑   four-count L gallop-step ↑, ↓, or ←   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span> <span>2</span> <span>3, 4, 5, 6</span> </div>	6
20, 21	Touch L ↑   touch L ←   four-count L gallop-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span> <span>2</span> <span>3, 4, 5, 6</span> </div>	6
22, 23	Touch L ←   touch L ↓   four-count L gallop-step ↑ or ←   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span> <span>2</span> <span>3, 4, 5, 6</span> </div>	6
24, 25	Touch L ↓   touch L ←   four-count L gallop-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span> <span>2</span> <span>3, 4, 5, 6</span> </div>	6
26, 27	Touch L ↑   touch L ↓   touch L ←   three-count L gallop-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span> <span>2</span> <span>3</span> <span>3, 4, 5, 6</span> </div>	6
28, 29	Touch L ↓   touch L ↑   touch L ←   three-count L gallop-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span> <span>2</span> <span>3</span> <span>3, 4, 5, 6</span> </div>	6
30-32	Touch L ←   touch L ↓   touch L ↑   three-count L gallop-step ↑, ↓, or ←   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span> <span>2</span> <span>3</span> <span>3, 4, 5, 6</span> </div>	6
33, 34	Hop R, touch L heel ↑   hop R, touch L toe ↓   four-count L hop-gallop-step ↑ or ←   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span> <span>2</span> <span>3, 4, 5, 6</span> </div>	6

# GALLOP-STEP

Number		Counts
35-37	Hop R, touch L heel ←   hop R, touch L toe ↑   four-count L hop-gallop-step ↑, ↓, or ←   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span> <span>2</span> <span>3, 4, 5, 6</span> </div>	6
38, 39	Hop R, touch L heel ←   hop R, touch L toe ↓   four-count L hop-gallop-step ↑ or ←   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span> <span>2</span> <span>3, 4, 5, 6</span> </div> <p>Numbers 33-39 inclusive may be done repeating the variation with change of feet,† increasing the number of counts to 8. They then become *.</p>	6
40-42	✓ L leg ↑   touch L ↑   four-count L gallop-step ↑, ↓, or ←   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span> <span>2</span> <span>3, 4, 5, 6</span> </div>	6
43, 44	✓ L leg ↓   touch L ↓   four-count L gallop-step ↑ or ←   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span> <span>2</span> <span>3, 4, 5, 6</span> </div>	6
45-47	✓ L leg ↑, ✓ & — R knee   touch L ↑   four-count L gallop-step ↑, ↓, or ←   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span> <span>2</span> <span>3, 4, 5</span> </div>	6
48-50	Touch L 5th, ✓ & — knees   three-count L gallop-step ↑, ↓, or ←   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span> <span>2, 3, 4</span> </div>	4
51-53	Touch L 5th, ✓ & — knees   touch L ↑   four-count L gallop-step ↑, ↓, or ←   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span> <span>2</span> <span>3, 4, 5, 6</span> </div>	6
54, 55	Touch L 5th, ✓ & — knees   touch L ↓   four-count L gallop-step ↑ or ←   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span> <span>2</span> <span>3, 4, 5, 6</span> </div>	6
56, 57	Touch L 5th, ✓ & — knees   touch L ←   four-count L gallop-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span> <span>2</span> <span>3, 4, 5, 6</span> </div>	6
58-60	Step L ←   touch R 5th, ✓ & — knees   step R →   touch L 5th, ✓ & — knees   four-count L gallop-step ↑, ↓, or ← ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span> <span>2</span> <span>3</span> <span>4</span> <span>5, 6, 7, 8</span> </div> <p>and with 45° R on 1, 2, and return and 45° L on 3, 4.</p> <p>† See Key, special note b, page 9.      * See Key, special note c, page 9.</p>	8

## GALLOP-STEP

Number		Counts
61-63	<div>Step L ←   touch R ↑   step R →   touch L ↑   four-count L gallop-step ↑, ↓, or ←   .....</div> <div>1            2            3            4            5, 6, 7, 8</div>	8
64, 65	<div>Hop R, touch L 6th, √ knees   hop R, — L leg ↖   four-count L hop-gallop-step ↑ or ↓   .....</div> <div>1                                  2                                  3, 4, 5, 6</div>	6
66-68	<div>Hop R, / L leg ↖   hop R, touch L 6th   four-count L hop-gallop-step ↑, ↓, or ←   .....</div> <div>1                                  2                                  3, 4, 5, 6</div>	6
69-71	<div>Hop R, √ L 6th /<sup>d</sup>   hop R, √ L 5th /<sup>d</sup>   four-count L hop-gallop-step ↑, ↓, or ←   .....</div> <div>1                                  2                                  3, 4, 5, 6</div>	6
72-74	<div>Hop R, √ L 5th /<sup>d</sup>   hop R, √ L 6th /<sup>d</sup>   four-count L hop-gallop-step ↑, ↓, or ←   .....</div> <div>1                                  2                                  3, 4, 5, 6</div>	6
<p>Numbers 64-74 inclusive may be done with <math>\searrow</math> 180° L on 1, 2. They may also be done repeating the variation with same or with change of feet,† increasing the number of counts to 8. If same foot is used, <math>\searrow</math> again 180° L on the repetition of 1, 2. If change of feet is used, <math>\searrow</math> is omitted altogether and the steps become *.</p>		
75-77	<div>Leap L ←   leap R →   four-count L gallop-step ↑, ↓, or ←   .....</div> <div>1            2                                  3, 4, 5, 6</div>	6
78, 79	<div>Three-count L gallop-step ← <math>\searrow</math> 90° L or R on 3   three-count R gallop-step → <math>\searrow</math> again 90° L or R on 6   repeat 1-3</div> <div>1, 2, 3    4, 5, 6    7, 8, 9</div> <div>repeat 4-6   completing L or R □ in 12 counts. ....</div> <div>10-12</div>	12
<p>† See Key, special note b, page 9.      * See Key, special note c, page 9.</p>		

## GALLOP-STEP

Number		Counts
80, 81	Four-count L gallop-step $\leftarrow$ $\searrow$ 90° L or R on 4   four-count R gallop-step $\rightarrow$ $\searrow$ again 90° L or R on 8   repeat 1-4	
	<div style="display: flex; justify-content: space-between; margin-bottom: 5px;"> <span>1, 2, 3, 4</span> <span>5, 6, 7, 8</span> <span>9-12</span> </div> repeat 5-8   completing L or R <input type="checkbox"/> in 16 counts. ....	16
82, 83	Three-count L gallop-step $\leftarrow$ $\searrow$ 180° L or R on 1-3   three-count R gallop-step $\rightarrow$ $\searrow$ again 180° L or R on 4-6   com- <div style="display: flex; justify-content: space-between; margin-bottom: 5px;"> <span>1, 2, 3</span> <span>4, 5, 6</span> </div> pleting L or R figure in 6 counts. (The figure necessitates progression $\leftrightarrow$ in a straight line.)	6
84, 85	Four-count L gallop-step $\leftarrow$ $\searrow$ 180° L or R on 1-4   four-count R gallop-step $\rightarrow$ $\searrow$ again 180° L or R on 5-8   com- <div style="display: flex; justify-content: space-between; margin-bottom: 5px;"> <span>1, 2, 3, 4</span> <span>5, 6, 7, 8</span> </div> pleting L or R figure in 8 counts.	8
Numbers 8, 11, 13, 16, 19, 23, 32, 34, 37, 39, 42, 44, 47, 50, 55, 60, 63, 68, 71, 74, and 77, in which the gallop-step is $\leftrightarrow$ may be done on L or R <input type="checkbox"/> , as in numbers 78-81, and on L or R figure, as in numbers 82-85, according as the counts in their foundations correspond.		





# THE POLKA-STEP

## REMARKS

The long continued popularity of the polka proves that it should occupy an important place in rhythmical balance exercises. Its liveliness and its decided rhythm make it interesting, but care should be taken in teaching to insist on correct execution. The *hop* should precede each polka as a grace note does a measure of music, and must not be given a separate count. The even rhythm of the exercise should be carefully preserved, and, for this reason, the Polka-Step should always be taught before the Two-Step, that the two may not be confused.

If music is desired for the Polka-Step, well marked  $2/4$  polka time is suitable for the four-, eight-, sixteen-, and thirty-two-count formulæ. It is possible to do the six-, twelve-, and twenty-four-count formulæ to well chosen  $3/4$  mazurka time. The ten-count formulæ are not adaptable to music.



# POLKA-STEP

TEMPO II.

Number		Counts
1	Step L ←   together with R in 3rd ↓   step L ←   hold   This is the L polka-step ←. ....	4
	1 2 3 4	
2	Step L ↑   together with R in 3rd ↓   step L ↑   hold   This is the L polka-step ↑. ....	4
	1 2 3 4	
3	Step L ↓   together with R in 3rd ↑   step L ↓   hold   This is the L polka-step ↓. ....	4
	1 2 3 4	
<p>The polka-step is described as above for ease in teaching, but when learned and used as a basis for variations, as below, should always be preceded by a hop without an extra count.</p>		
4, 5	Hop R, / L leg ↑ or ↓   L polka-step ←   and with 45° L on 1, 2, and return on 3-6. ....	6
	1, 2 3, 4, 5, 6	
6, 7	Hop R, / L leg ↑   L polka-step ↑ or ↓   ....	6
	1, 2 3, 4, 5, 6	
8, 9	Hop R, / L leg ↓   L polka-step ↑ or ↓   ....	6
	1, 2 3, 4, 5, 6	
10	Hop R, / L leg ↑   hop R, / L leg ↓   L polka-step ←   and with 45° L on 1-4, and return on 5-8. ....	8
	1, 2 3, 4 5, 6, 7, 8	
11, 12	Hop R, / L leg ↑   hop R, / L leg ↓   L polka-step ↑ or ↓   ....	8
	1, 2 3, 4 5, 6, 7, 8	
13	Hop R, / L leg ↓   hop R, / L leg ↑   L polka-step ←   and with 45° L on 1-4, and return on 5-8. ....	8
	1, 2 3, 4 5, 6, 7, 8	

# POLKA-STEP

Number		Counts
14, 15	Hop R, / L leg ↓   hop R, / L leg ↑   L polka-step ↑ or ↓   ..... <div> <div>1, 2</div> <div>3, 4</div> <div>5, 6, 7, 8</div> </div> <p>Numbers 10-15 inclusive may be done repeating the variation with same or with change of feet,† and repeating the foundation with change of feet, doubling the number of counts. When the variation is repeated with same foot the steps become *.</p>	8
16, 17	Hop R, √ L knee ↑ or ↓   L polka-step ←   and with 45° L on 1, 2, and return on 3-6. .... <div> <div>1, 2</div> <div>3, 4, 5, 6</div> </div>	6
18, 19	Hop R, √ L knee ↑   L polka-step ↑ or ↓   ..... <div> <div>1, 2</div> <div>3, 4, 5, 6</div> </div>	6
20, 21	Hop R, √ L knee ↓   L polka-step ↑ or ↓   ..... <div> <div>1, 2</div> <div>3, 4, 5, 6</div> </div>	6
22, 23	Hop R, √ L knee ↑ or ↓   hop R, — L knee ↑   L polka-step ←   and with 45° L on 1-4, and return on 5-8. .... <div> <div>1, 2</div> <div>3, 4</div> <div>5, 6, 7, 8</div> </div>	8
24, 25	Hop R, √ L knee ↑   hop R, — L knee ↑   L polka-step ↑ or ↓   ..... <div> <div>1, 2</div> <div>3, 4</div> <div>5, 6, 7, 8</div> </div>	8
26, 27	Hop R, √ L knee ↓   hop R, — L knee ↑   L polka-step ↑ or ↓   ..... <div> <div>1, 2</div> <div>3, 4</div> <div>5, 6, 7, 8</div> </div>	8
28, 29	Hop R, √ L knee ↑ or ↓   hop R, — L knee ↓   L polka-step ←   and with 45° L on 1-4, and return on 5-8. .... <div> <div>1, 2</div> <div>3, 4</div> <div>5, 6, 7, 8</div> </div>	8
30, 31	Hop R, √ L knee ↓   hop R, — L knee ↓   L polka-step ↑ or ↓   ..... <div> <div>1, 2</div> <div>3, 4</div> <div>5, 6, 7, 8</div> </div>	8
32, 33	Hop R, √ L knee ↑   hop R, — L knee ↓   L polka-step ↑ or ↓   ..... <div> <div>1, 2</div> <div>3, 4</div> <div>5, 6, 7, 8</div> </div>	8
34, 35	Hop R, / L leg ↑ or ↓   hop R, √ L knee ↑   L polka-step ←   and with 45° L on 1-4, and return on 5-8. .... <div> <div>1, 2</div> <div>3, 4</div> <div>5, 6, 7, 8</div> </div>	8

† See Key, special note b, page 9.

\* See Key, special note c, page 9.

# POLKA-STEP

Number		Counts
36, 37	Hop R, / L leg ↑   hop R, √ L knee ↑   L polka-step ↑ or ↓   ..... 1, 2                      3, 4                      5, 6, 7, 8	8
38, 39	Hop R, / L leg ↓   hop R, √ L knee ↑   L polka-step ↑ or ↓   ..... 1, 2                      3, 4                      5, 6, 7, 8	8
40	Hop R, / L leg ↑   hop R, √ & — L knee ↑   L polka-step ←   and with 45° L on 1-4, and return on 5-8. .... 1, 2                      3, 4                      5, 6, 7, 8	8
41, 42	Hop R, / L leg ↑   hop R, √ & — L knee ↑   L polka-step ↑ or ↓   ..... 1, 2                      3, 4                      5, 6, 7, 8	8
43	Hop R, / L leg ↓   hop R, √ & — L knee ↓   L polka-step ←   and with 45° L on 1-4, and return on 5-8. .... 1, 2                      3, 4                      5, 6, 7, 8	8
44, 45	Hop R, / L leg ↓   hop R, √ & — L knee ↓   L polka-step ↑ or ↓   ..... 1, 2                      3, 4                      5, 6, 7, 8	8
<p>Numbers 22-45 inclusive may be done repeating the variation with same foot or with change of feet,† and repeating the foundation with change of feet, doubling the number of counts. When the variation is repeated with same foot the steps become *.</p>		
46	Hop R, / L leg ↑   hop R, √ & — L knee ↑   cut L, / R leg ↓   hop L, √ & — R knee ↓   R polka-step →   L polka-step ← 1, 2                      3, 4                      5, 6                      7, 8                      9-12                      13-16	16
47-49	Hop R, / L leg ↑, √ & — R knee   L polka-step ←, ↑, or ↓   ..... 1, 2                      3, 4, 5, 6	6
50, 51	Hop R, touch L ↑ or ↓   L polka-step ←   and with 45° L on 1, 2, and return on 3-6. .... 1, 2                      3, 4, 5, 6	6
52, 53	Hop R, touch L ↑   L polka-step ↑ or ↓   ..... 1, 2                      3, 4, 5, 6	6
54, 55	Hop R, touch L ↓   L polka-step ↑ or ↓   ..... 1, 2                      3, 4, 5, 6	6

† See Key, special note b, page 9.

\* See Key, special note c, page 9.

# POLKA-STEP

Number		Counts
56, 57	Hop R, touch L ←   L polka-step ↑ or ↓   ..... 1, 2                      3, 4, 5, 6	6
58, 59	Hop R, touch L ↑   hop R, touch L ↓ or ←   L polka-step ←   and with 45° L on 1-4, and return on 5-8. .... 1, 2                      3, 4                      5, 6, 7, 8	8
60, 61	Hop R, touch L ↑   hop R, touch L ↓   L polka-step ↑ or ↓   ..... 1, 2                      3, 4                      5, 6, 7, 8	8
62, 63	Hop R, touch L ↑   hop R, touch L ←   L polka-step ↑ or ↓   ..... 1, 2                      3, 4                      5, 6, 7, 8	8
64, 65	Hop R, touch L ↓   hop R, touch L ↑ or ←   L polka-step ←   and with 45° L on 1-4, and return on 5-8. .... 1, 2                      3, 4                      5, 6, 7, 8	8
66, 67	Hop R, touch L ↓   hop R, touch L ↑   L polka-step ↑ or ↓   ..... 1, 2                      3, 4                      5, 6, 7, 8	8
68, 69	Hop R, touch L ↓   hop R, touch L ←   L polka-step ↑ or ↓   ..... 1, 2                      3, 4                      5, 6, 7, 8	8
70, 71	Hop R, touch L ←   hop R, touch L ↑ or ↓   L polka-step ←   and with 45° L on 1-4, and return on 5-8. .... 1, 2                      3, 4                      5, 6, 7, 8	8
72, 73	Hop R, touch L ←   hop R, touch L ↑   L polka-step ↑ or ↓   ..... 1, 2                      3, 4                      5, 6, 7, 8	8
74, 75	Hop R, touch L ←   hop R, touch L ↓   L polka-step ↑ or ↓   ..... 1, 2                      3, 4                      5, 6, 7, 8	8
76	Hop R, touch L heel ↑   hop R, touch L toe ↓   L polka-step ←   and with 45° L on 1-4, and return on 5-8. .... 1, 2                      3, 4                      5, 6, 7, 8	8
77, 78	Hop R, touch L heel ↑   hop R, touch L toe ↓   L polka-step ↑ or ↓   ..... 1, 2                      3, 4                      5, 6, 7, 8	8
79, 80	Hop R, touch L heel ←   hop R, touch L toe ↑ or ↓   L polka-step ←   and with 45° L on 1-4, and return on 5-8. .... 1, 2                      3, 4                      5, 6, 7, 8	8

## POLKA-STEP

Number		Counts
81, 82	Hop R, touch L heel ←   hop R, touch L toe ↑   L polka-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; margin-top: -10px;"> <span>1, 2</span> <span>3, 4</span> <span>5, 6, 7, 8</span> </div>	8
83, 84	Hop R, touch L heel ←   hop R, touch L toe ↓   L polka-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; margin-top: -10px;"> <span>1, 2</span> <span>3, 4</span> <span>5, 6, 7, 8</span> </div>	8
85	Hop R, / L leg ↑   hop R, touch L ↑   L polka-step ←   and with 45° L on 1-4, and return on 5-8. .... <div style="display: flex; justify-content: space-around; margin-top: -10px;"> <span>1, 2</span> <span>3, 4</span> <span>5, 6, 7, 8</span> </div>	8
86, 87	Hop R, / L leg ↑   hop R, touch L ↑   L polka-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; margin-top: -10px;"> <span>1, 2</span> <span>3, 4</span> <span>5, 6, 7, 8</span> </div>	8
88	Hop R, / L leg ↓   hop R, touch L ↓   L polka-step ←   and with 45° L on 1-4, and return on 5-8. .... <div style="display: flex; justify-content: space-around; margin-top: -10px;"> <span>1, 2</span> <span>3, 4</span> <span>5, 6, 7, 8</span> </div>	8
89, 90	Hop R, / L leg ↓   hop R, touch L ↓   L polka-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; margin-top: -10px;"> <span>1, 2</span> <span>3, 4</span> <span>5, 6, 7, 8</span> </div>	8
<p style="text-align: center;">Numbers 58-90 inclusive may be done repeating the variation with same or with change of feet,† and repeating the foundation with change of feet, doubling the number of counts. When the variation is repeated with same foot the steps become *.</p>		
91, 92	Hop R, √ L knee ↑ or ↓   hop R, — L knee ↑   hop R, touch L ↑   L polka-step ←   and with 45° L on 1-6, and <div style="display: flex; justify-content: space-around; margin-top: -10px;"> <span>1, 2</span> <span>3, 4</span> <span>5, 6</span> <span>7, 8, 9, 10</span> </div> return on 7-10.	10
93, 94	Hop R, √ L knee ↑   hop R, — L knee ↑   hop R, touch L ↑   L polka-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; margin-top: -10px;"> <span>1, 2</span> <span>3, 4</span> <span>5, 6</span> <span>7, 8, 9, 10</span> </div>	10
95, 96	Hop R, √ L knee ↓   hop R, — L knee ↑   hop R, touch L ↑   L polka-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; margin-top: -10px;"> <span>1, 2</span> <span>3, 4</span> <span>5, 6</span> <span>7, 8, 9, 10</span> </div>	10
97	Hop R, √ L knee ↑   hop R, — L knee ↓   hop R, touch L ↓   L polka-step ←   and with 45° L on 1-6, and return on 7-10. <div style="display: flex; justify-content: space-around; margin-top: -10px;"> <span>1, 2</span> <span>3, 4</span> <span>5, 6</span> <span>7, 8, 9, 10</span> </div>	10
<p>† See Key, special note b, page 9.      * See Key, special note c, page 9.</p>		

# POLKA-STEP

Number		Counts
98, 99	Hop R, √ L knee ↑   hop R, — L knee ↓   hop R, touch L ↓   L polka-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; font-size: small;"> <span>1, 2</span> <span>3, 4</span> <span>5, 6</span> <span>7, 8, 9, 10</span> </div> <p>Numbers 91-99 inclusive may be done repeating both the variation and the foundation with change of feet,† doubling the number of counts.</p>	10
100	Hop R, / L leg, ↑, √ & — R knee   hop R, touch L ↑   L polka-step ←   and with 45° L on 1-4, and return on 5-8. ... <div style="display: flex; justify-content: space-around; font-size: small;"> <span>1, 2</span> <span>3, 4</span> <span>5, 6, 7, 8</span> </div>	8
101, 102	Hop R, / L leg ↑, √ & — R knee   hop R, touch L ↑   L polka-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; font-size: small;"> <span>1, 2</span> <span>3, 4</span> <span>5, 6, 7, 8</span> </div>	8
103	Hop R, touch L 5th, √ & — knees   L polka-step ←   and with 45° L on 1, 2, and return on 3-6 ..... <div style="display: flex; justify-content: space-around; font-size: small;"> <span>1, 2</span> <span>3, 4, 5, 6</span> </div>	6
104, 105	Hop R, touch L 5th, √ & — knees   L polka-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; font-size: small;"> <span>1, 2</span> <span>3, 4, 5, 6</span> </div>	6
106-108	Hop R, touch L 5th, √ & — knees   hop R, touch L ↑, ↓, or ←   L polka-step ←   and with 45° L on 1-4, and return on 5-8. ... <div style="display: flex; justify-content: space-around; font-size: small;"> <span>1, 2</span> <span>3, 4</span> <span>5, 6, 7, 8</span> </div>	8
109, 110	Hop R, touch L 5th, √ & — knees   hop R, touch L ↑   L polka-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; font-size: small;"> <span>1, 2</span> <span>3, 4</span> <span>5, 6, 7, 8</span> </div>	8
111, 112	Hop R, touch L 5th, √ & — knees   hop R, touch L ↓   L polka-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; font-size: small;"> <span>1, 2</span> <span>3, 4</span> <span>5, 6, 7, 8</span> </div>	8
113, 114	Hop R, touch L 5th, √ & — knees   hop R, touch L ←   L polka-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; font-size: small;"> <span>1, 2</span> <span>3, 4</span> <span>5, 6, 7, 8</span> </div> <p>Numbers 106-114 inclusive may be done repeating the variation with same foot or with change of feet,† and repeating the foundation with change of feet, doubling the number of counts. When the variation is repeated with same foot the steps become *.</p>	8
115, 116	Hop R, touch L 5th, √ & — knees   hop R, touch L ↑   hop R, touch L ↓ or ←   L polka-step ←   and with 45° L on 1-6, and return on 7-10. .... <div style="display: flex; justify-content: space-around; font-size: small;"> <span>1, 2</span> <span>3, 4</span> <span>5, 6</span> <span>7, 8, 9, 10</span> </div>	10

† See Key, special note b, page 9.

\* See Key, special note c, page 9.



# POLKA-STEP

Number		Counts
117, 118	Hop R, touch L 5th, √ & — knees   hop R, touch L ↑   hop R, touch L ↓   L polka-step ↑ or ↓   ..... <div> <div>1, 2</div> <div>3, 4</div> <div>5, 6</div> <div>7, 8, 9, 10</div> </div>	10
119, 120	Hop R, touch L 5th, √ & — knees   hop R, touch L ↑   hop R, touch L ←   L polka-step ↑ or ↓   ..... <div> <div>1, 2</div> <div>3, 4</div> <div>5, 6</div> <div>7, 8, 9, 10</div> </div>	01
121, 122	Hop R, touch L 5th, √ & — knees   hop R, touch L ↓   hop R, touch L ↑ or ←   L polka-step ←   and with 45° L on 1-6, ..... <div> <div>1, 2</div> <div>3, 4</div> <div>5, 6</div> <div>7, 8, 9, 10</div> </div> and return on 7-10.	10
123, 124	Hop R, touch L 5th, √ & — knees   hop R, touch L ↓   hop R, touch L ↑   L polka-step ↑ or ↓   ..... <div> <div>1, 2</div> <div>3, 4</div> <div>5, 6</div> <div>7, 8, 9, 10</div> </div>	10
125, 126	Hop R, touch L 5th, √ & — knees   hop R, touch L ↓   hop R, touch L ←   L polka-step ↑ or ↓   ..... <div> <div>1, 2</div> <div>3, 4</div> <div>5, 6</div> <div>7, 8, 9, 10</div> </div>	10
127, 128	Hop R, touch L 5th, √ & — knees   hop R, touch L ←   hop R, touch L ↑ or ↓   L polka-step ←   and with 45° L on 1-6, ..... <div> <div>1, 2</div> <div>3, 4</div> <div>5, 6</div> <div>7, 8, 9, 10</div> </div> and return on 7-10.	10
129, 130	Hop R, touch L 5th, √ & — knees   hop R, touch L ←   hop R, touch L ↑   L polka-step ↑ or ↓   ..... <div> <div>1, 2</div> <div>3, 4</div> <div>5, 6</div> <div>7, 8, 9, 10</div> </div>	10
131, 132	Hop R, touch L 5th, √ & — knees   hop R, touch L ←   hop R, touch L ↓   L polka-step ↑ or ↓   ..... <div> <div>1, 2</div> <div>3, 4</div> <div>5, 6</div> <div>7, 8, 9, 10</div> </div>	10
Numbers 115-132 inclusive may be done repeating both the variation and the foundation with change of feet,† doubling the number of counts.		
*133, 135	Step L ←   touch R 5th, √ & — knees   step R →   touch L 5th, √ & — knees   L polka-step ←, ↑, or ↓   ..... <div> <div>1, 2</div> <div>3, 4</div> <div>5, 6</div> <div>7, 8</div> <div>9, 10, 11, 12</div> </div> R polka-step in corresponding direction →, ↑, or ↓   and with 45° R on 1-4, and return and 45° L on 5-8, and return ..... <div> <div>13, 14, 15, 16</div> </div> on 9-12.	16
*136-138	Step L ←   touch R ↑   step R →   touch L ↑   L polka-step ←, ↑, or ↓   R polka-step in corresponding direction →, ↑, or ↓   ..... <div> <div>1, 2</div> <div>3, 4</div> <div>5, 6</div> <div>7, 8</div> <div>9, 10, 11, 12</div> <div>13, 14, 15, 16</div> </div>	16

† See Key, special note b, page 9.

\* See Key, special note c, page 9.

# POLKA-STEP

Number		Counts
139	Hop R, touch L 6th, √ knees   hop R, — L leg ↘   L polka-step ←   and with 45° L on 1-4, and return on 5-8. .... 1, 2                      3, 4                      5, 6, 7, 8	8
140, 141	Hop R, touch L 6th, √ knees   hop R, — L leg ↘   L polka-step ↑ or ↓   ..... 1, 2                      3, 4                      5, 6, 7, 8	8
142	Hop R, / L leg ↘   hop R, touch L 6th   L polka-step ←   and with 45° L on 1-4, and return on 5-8. .... 1, 2                      3, 4                      5, 6, 7, 8	8
143, 144	Hop R, / L leg ↘   hop R, touch L 6th   L polka-step ↑ or ↓   ..... 1, 2                      3, 4                      5, 6, 7, 8  Numbers 139-144 inclusive may be done repeating the variation with same or with change of feet, <sup>†</sup> and repeating the foundation with change of feet, doubling the number of counts. When the variation is repeated with same foot the steps become *.	8
145	Hop R, √ L 6th / <sup>d</sup>   L polka-step ←   and with 45° L on 1, 2, and return on 3-6. .... 1, 2                      3, 4, 5, 6	6
146, 147	Hop R, √ L 6th / <sup>d</sup>   L polka-step ↑ or ↓   ..... 1, 2                      3, 4, 5, 6	6
148	Hop R, √ L 5th, / <sup>d</sup>   L polka-step ←   and with 45° L on 1, 2, and return on 3-6. .... 1, 2                      3, 4, 5, 6	6
149, 150	Hop R, √ L 5th / <sup>d</sup>   L polka-step ↑ or ↓   ..... 1, 2                      3, 4, 5, 6	6
151-153	Hop R, √ L 6th / <sup>d</sup>   hop R, √ L 5th / <sup>d</sup>   L polka-step ←, ↑, or ↓   and with 180° L on 1-4. .... 1, 2                      3, 4                      5, 6, 7, 8	8
154-156	Hop R, √ L 5th / <sup>d</sup>   hop R, √ L 6th / <sup>d</sup>   L polka-step ←, ↑, or ↓   and with 180° L on 1-4. .... 1, 2                      3, 4                      5, 6, 7, 8  Numbers 151-156 inclusive may be done repeating the variation with same or with change of feet, <sup>†</sup> and repeating the foundation with change of feet, doubling the number of counts. If same foot is used again 180° on the repetition of 1-4. The steps then become *. If change of feet is used omit altogether.	8

<sup>†</sup> See Key, special note b, page 9.         \* See Key, special note c, page 9.

# POLKA-STEP

Number		Counts
157-159	Leap L ←   leap R →   L polka-step ↔, ↑, or ↓ ..... 1, 2      3, 4      5, 6, 7, 8	8
160	Hop R, slide L ←   cut R, slide L ←   L polka-step ← ..... 1, 2      3, 4      5, 6, 7, 8	8
161	Hop R, slide L ↑   cut R, slide L ↑   L polka-step ↑ ..... 1, 2      3, 4      5, 6, 7, 8	8
162	Hop R, slide L ↓   cut R, slide L ↓   L polka-step ↓ ..... 1, 2      3, 4      5, 6, 7, 8	8
163, 164	L polka-step ← ↻ 90° L or R   R polka-step → ↻ again 90° L or R   repeat 1-4   repeat 5-8   completing L or R □ 1, 2, 3, 4      5, 6, 7, 8      9-12      13-16 in 16 counts.	16
165, 166	Hop R, / L leg ↑   L polka-step ←   hop L, / R leg ↑   R polka-step →   repeat 1-6   repeat 7-12   ↻ 90° L or R on 3-6, 1, 2      3, 4, 5, 6      7, 8      9-12      13-18      19-24 on 9-12, on 15-18, and on 21-24, completing L or R □ in 24 counts.  Numbers 16, 47, 103, 145, and 148 may be done on L or R □ with ↻ 90° L or R on the ↔ polka-step, as in numbers 165, 166, in each case completing L or R □ in 24 counts. Numbers 10, 13, 22, 28, 34, 35, 40, 43, 58, 59, 64, 65, 70, 71, 76, 79, 80, 85, 100, 106, 107, 108, 139, 142, 151, 154, 157, and 160 may be done on L or R □ with ↻ 90° L or R on the ↔ polka-step, in each case completing L or R □ in 32 counts.	24
167, 168	Hop R, / L leg ↑   hop R, √ & — L knee ↑   cut L, / R leg ↓   hop L, √ & — R knee ↓   R polka-step → ↻ 90° L or R 1, 2      3, 4      5, 6      7, 8      9, 10, 11, 12 L polka-step ← ↻ again 90° L or R   hop L, / R leg ↑   hop L, √ & — R knee ↑   cut R, / L leg ↓ 13, 14, 15, 16      17, 18      19, 20      21, 22 hop R, √ & — L knee ↓   L polka-step ← ↻ 90° L or R   R polka-step → ↻ again 90° L or R ..... 23, 24      25-28      29-32	32

# POLKA-STEP

Number	In the following figures, numbers 169, 170, 176, and 177 necessitate progression $\leftrightarrow$ in a straight line. Numbers 171-175 inclusive progress $\uparrow$ in a straight line.	Counts
169	L polka-step $\leftarrow$ $\searrow$ 180° L   R polka-step $\rightarrow$ $\searrow$ 180° R   ..... 1, 2, 3, 4, 5, 6, 7, 8	8
170	L polka-step $\leftarrow$ $\searrow$ 180° R   R polka-step $\rightarrow$ $\searrow$ 180° L   ..... 1, 2, 3, 4, 5, 6, 7, 8	8
171	L polka-step $\uparrow$   R polka-step $\uparrow$ $\searrow$ 180° L   L polka-step $\downarrow$   R polka-step $\downarrow$ $\searrow$ 180° R   ..... 1, 2, 3, 4, 5, 6, 7, 8 9-12 13-16	16
172	L polka-step $\uparrow$   R polka-step $\uparrow$ $\searrow$ 180° R   L polka-step $\downarrow$   R polka-step $\downarrow$ $\searrow$ 180° L   ..... 1, 2, 3, 4, 5, 6, 7, 8 9-12 13-16	16
173	L polka-step $\uparrow$   R polka-step $\uparrow$   L polka-step $\uparrow$ $\searrow$ 180° R   R polka-step $\downarrow$ $\searrow$ again 180° R   ..... 1, 2, 3, 4, 5, 6, 7, 8 9-12 13-16	16
174	L polka-step $\downarrow$   R polka-step $\downarrow$   L polka-step $\downarrow$ $\searrow$ 180° L   R polka-step $\uparrow$ $\searrow$ again 180° L   ..... 1, 2, 3, 4, 5, 6, 7, 8 9-12 13-16	16
175	Hop R, / L leg $\uparrow$   hop R, $\vee$ & — L knee $\uparrow$   cut L $\searrow$ 180° R, / L leg $\uparrow$   hop L, $\vee$ & — R knee $\uparrow$   R polka-step $\uparrow$ ..... 1, 2 3, 4 5, 6 7, 8 9-12 L polka-step $\uparrow$   hop L, / R leg $\uparrow$   hop L, $\vee$ & — R knee $\uparrow$   cut R $\searrow$ 180° L, / L leg $\uparrow$   hop R, $\vee$ & — L knee $\uparrow$ ..... 13-16 17, 18 19, 20 21, 22 23, 24 L polka-step $\downarrow$   R polka-step $\downarrow$   ..... 25-28 29-32	32
176	Step L $\leftarrow$   touch R 5th, $\vee$ & — knees   step R $\rightarrow$   touch L 5th, $\vee$ & — knees   L polka-step $\leftarrow$ $\searrow$ 180° R   ..... 1, 2 3, 4 5, 6 7, 8 9-12 R polka-step $\rightarrow$ $\searrow$ again 180° R   ..... 13-16	16
177	Step L $\leftarrow$   touch R 5th, $\vee$ & — knees $\searrow$ 180° R   step R $\rightarrow$   touch L 5th, $\vee$ & — knees $\searrow$ 180° L   L polka-step $\leftarrow$ ..... 1, 2 3, 4 5, 6 7, 8 9-12 R polka-step $\rightarrow$   ..... 13-16	16

# THE TWO-STEP

## REMARKS

The Two-Step is one of the most easily learned and well liked steps, but its rhythm is so insistent that careless pupils are likely to adapt other steps to the same time. It should not be taught too soon, therefore, nor used too much.

Note that Tempo I. is the time in which all Two-Steps are done, but to make them clearer for teaching, the foundation steps, numbers 1 and 2, are described in Tempo II.

Well accented 6/8 time is excellent music for those Two-Step exercises that require two, four, eight, or sixteen counts. It is possible to do the three-count formulæ to well chosen 3/4 mazurka time. The five-count formulæ are not adaptable to music.



# TWO-STEP

## TEMPO I.

Number		Counts
1	Slide L ↑   hold   cut R   slide L ↑   hold   hold	6
	1 2 3 4 5 6	
2	Slide L ↓   hold   cut R   slide L ↓   hold   hold	6
	1 2 3 4 5 6	
<p>These forms are shown as a teaching analysis, but are cumbersome as a basis for variations.</p>		
	Slide L   hold   cut R   slide L   hold   hold	2
	1 2 3 4 5 6	
	1 2	
<p>Let counts 1, 2, and 3, therefore, constitute the 1st count, and counts 4, 5, and 6 the 2nd count. The steps are then called the L two-step ↑, and the L two-step ↓.</p>		
3	Hop R, / L leg ↑   hop R, / L leg ↓   L two-step ↑	4
	1 2 3, 4	
4, 5	Hop R, / L leg ↓   hop R, / L leg ↑   L two-step ↑ or ↓	4
	1 2 3, 4	
<p>Numbers 3-5 inclusive may be done repeating both the variation and the foundation with change of feet,† doubling the number of counts.</p>		
6, 7	Hop R, √ L knee ↑   L two-step ↑ or ↓	3
	1 2, 3	
8, 9	Hop R, √ L knee ↑   hop R, — L knee ↑   L two-step ↑ or ↓	4
	1 2 3, 4	
<p>† See Key, special note b, page 9.</p>		

## TWO-STEP

Number		Counts
10	Hop R, √ L knee ↑   hop R, — L knee ↓   L two-step ↑   ..... <div style="text-align: center;">1                      2                      3, 4</div>	4
11, 12	Hop R, / L leg ↑   hop R, √ L knee ↑   L two-step ↑ or ↓   ..... <div style="text-align: center;">1                      2                      3, 4</div>	4
13, 14	Hop R, / L leg ↓   hop R, √ L knee ↑   L two-step ↑ or ↓   ..... <div style="text-align: center;">1                      2                      3, 4</div>	4
15, 16	Hop R, / L leg ↑   hop R, √ & — L knee ↑   L two-step ↑ or ↓   ..... <div style="text-align: center;">1                      2                      3, 4</div>	4
17	Hop R, / L leg ↓   hop R, √ & — L knee ↓   L two-step ↑   ..... <div style="text-align: center;">1                      2                      3, 4</div> <p style="text-align: center;">Numbers 8-17 inclusive may be done repeating both the variation and the foundation with change of feet,† doubling the number of counts.</p>	4
18	Hop R, / L leg ↑   hop R, √ & — L knee ↑   cut L, / R leg ↓   hop L, √ & — R knee ↓   R two-step ↑   L two-step ↑   ..... <div style="text-align: center;">1                      2                      3                      4                      5, 6                      7, 8</div>	8
19, 20	/ L leg ↑, √ & — R knee   L two-step ↑ or ↓   ..... <div style="text-align: center;">1                      2, 3</div>	3
21, 22	/ L leg ↓, √ & — R knee   L two-step ↑ or ↓   ..... <div style="text-align: center;">1                      2, 3</div>	3
23, 24	/ L leg ←, √ & — R knee   L two-step ↑ or ↓   ..... <div style="text-align: center;">1                      2, 3</div>	3
25, 26	/ L leg ↑   √ & — R knee   L two-step ↑ or ↓   § ..... <div style="text-align: center;">1                      2                      3, 4</div>	4
27, 28	/ L leg ↓   √ & — R knee   L two-step ↑ or ↓   § ..... <div style="text-align: center;">1                      2                      3, 4</div>	4

† See Key, special note b, page 9.

§ See Key, special note a, page 9.



## TWO-STEP

Number		Counts
29, 30	<div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> <div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> </div> </div>	4
31, 32	<div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> <div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> </div> </div>	4
33, 34	<div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> <div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> </div> </div>	4
35, 36	<div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> <div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> </div> </div>	4
37, 38	<div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> <div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> </div> </div>	4
39, 40	<div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> <div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> </div> </div>	4
41, 42	<div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> <div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> </div> </div>	4
43, 44	<div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> <div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> </div> </div>	4
45, 46	<div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> <div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> </div> </div>	4
47, 48	<div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> <div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> </div> </div>	4
49, 50	<div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> <div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> </div> </div>	4
51, 52	<div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> <div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> <div> <div>1</div> <div>2</div> <div>3, 4</div> </div> </div> </div>	4

§ See Key, special note a, page 9.

## TWO-STEP

Number		Counts
53, 54	Hop R, touch L heel ←   hop R, touch L toe ↓   L two-step ↑ or ↓   ..... <div style="text-align: center;">1                      2                      3, 4</div>	4
55, 56	/ L leg ↑   touch L ↑   L two-step ↑ or ↓   ..... <div style="text-align: center;">1                      2                      3, 4</div>	4
57, 58	/ L leg ↓   touch L ↓   L two-step ↑ or ↓   ..... <div style="text-align: center;">1                      2                      3, 4</div>	4
59, 60	Hop R, √ L knee ↑   hop R, — L knee ↑   hop R, touch L ↑   L two-step ↑ or ↓   ..... <div style="text-align: center;">1                      2                      3                      4, 5</div>	5
61, 62	Hop R, √ L knee ↑   hop R, — L knee ↓   hop R, touch L ↓   L two-step ↑ or ↓   ..... <div style="text-align: center;">1                      2                      3                      4, 5</div>	5
63, 64	Hop R, √ L knee ↓   hop R, — L knee ↑   hop R, touch L ↑   L two-step ↑ or ↓   ..... <div style="text-align: center;">1                      2                      3                      4, 5</div>	5
<p style="text-align: center;">Numbers 37-64 inclusive may be done repeating both the variation and the foundation with change of feet,† doubling the number of counts.</p>		
65, 66	/ L leg ↑, √ & — R knee   touch L ↑   L two-step ↑ or ↓   ..... <div style="text-align: center;">1                      2                      3, 4</div>	4
67, 68	/ L leg ↑   √ & — R knee   touch L ↑   L two-step ↑ or ↓   § ..... <div style="text-align: center;">1                      2                      3                      4, 5</div>	5
69, 70	/ L leg ↑, √ R knee   — R knee   touch L ↑   L two-step ↑ or ↓   § ..... <div style="text-align: center;">1                      2                      3                      4, 5</div>	5
71, 72	Touch L 5th, √ knees   L two-step ↑ or ↓   ..... <div style="text-align: center;">1                      2, 3</div>	3
73, 74	Touch L 5th, √ & — knees   touch L ↑   L two-step ↑ or ↓   ..... <div style="text-align: center;">1                      2                      3, 4</div>	4

† See Key, special note b, page 9.

§ See Key, special note a, page 9.

## TWO-STEP

Number		Counts
75, 76	Touch L 5th, √ & — knees   touch L ↓   L two-step ↑ or ↓   ..... <div style="text-align: center;">1                      2                      3, 4</div>	4
77, 78	Touch L 5th, √ & — knees   touch L ←   L two-step ↑ or ↓   ..... <div style="text-align: center;">1                      2                      3, 4</div>	4
79, 80	Touch L 5th, √ & — knees   touch L ↑   touch L ↓   L two-step ↑ or ↓   ..... <div style="text-align: center;">1                      2                      3                      4, 5</div>	5
81, 82	Touch L 5th, √ & — knees   touch L ↓   touch L ↑   L two-step ↑ or ↓   ..... <div style="text-align: center;">1                      2                      3                      4, 5</div>	5
83, 84	Touch L 5th, √ & — knees   touch L ←   touch L ↑   L two-step ↑ or ↓   ..... <div style="text-align: center;">1                      2                      3                      4, 5</div>	5
85, 86	Touch L 5th, √ & — knees   touch L ↑   touch L ←   L two-step ↑ or ↓   ..... <div style="text-align: center;">1                      2                      3                      4, 5</div>	5
87, 88	Touch L 5th, √ & — knees   touch L ↓   touch L ←   L two-step ↑ or ↓   ..... <div style="text-align: center;">1                      2                      3                      4, 5</div>	5
89, 90	Touch L 5th, √ & — knees   touch L ←   touch L ↓   L two-step ↑ or ↓   ..... <div style="text-align: center;">1                      2                      3                      4, 5</div>	5
*91, 92	Step L ←   touch R 5th, √ & — knees   step R →   touch L 5th, √ & — knees   L two-step ↑ or ↓   ..... <div style="text-align: center;">1                      2                      3                      4                      5, 6</div> R two-step in same direction ↑ or ↓   and with 45° R on 1, 2, and return and 45° L on 3, 4 ..... <div style="text-align: center;">7, 8</div>	8
*93, 94	Step L ←   touch R ↑   step R →   touch L ↑   L two-step ↑ or ↓   R two-step in same direction ↑ or ↓   ..... <div style="text-align: center;">1                      2                      3                      4                      5, 6                      7, 8</div>	8
95, 96	Touch L 6th, √ knees   — L leg ↖, — R knee   L two-step ↑ or ↓   ..... <div style="text-align: center;">1                      2                      3, 4</div>	4
97, 98	↙ L leg ↖   touch L 6th, √ knees   L two-step ↑ or ↓   ..... <div style="text-align: center;">1                      2                      3, 4</div>	4

\* See Key, special note c, page 9.

## TWO-STEP

Number		Counts
99, 100	Hop R, $\sqrt{\text{L 6th}} \diagup^d$   L two-step $\uparrow$ or $\downarrow$   ..... <div style="text-align: center;">1                      2, 3</div>	3
101, 102	Hop R, $\sqrt{\text{L 5th}} \diagup^d$   L two-step $\uparrow$ or $\downarrow$   ..... <div style="text-align: center;">1                      2, 3</div>	3
103, 104	Hop R, $\sqrt{\text{L 6th}} \diagup^d$   hop R, $\sqrt{\text{L 5th}} \diagup^d$   L two-step $\uparrow$ or $\downarrow$   and with $\text{LL}$ 180° L on 1, 2. .... <div style="text-align: center;">1                      2                      3, 4</div>	4
105, 106	Hop R, $\sqrt{\text{L 5th}} \diagup^d$   hop R, $\sqrt{\text{L 6th}} \diagup^d$   L two-step $\uparrow$ or $\downarrow$   and with $\text{LL}$ 180° L on 1, 2. .... <div style="text-align: center;">1                      2                      3, 4</div>	4
<p>Numbers 103-106 inclusive may be done repeating the variation with same or with change of feet,<sup>†</sup> and repeating the foundation with change of feet, doubling the number of counts. If same foot is used <math>\text{LL}</math> again 180° L on the repetition of 1, 2. The steps then become *. If change of feet is used, omit <math>\text{LL}</math> altogether.</p>		
107, 108	Leap L $\leftarrow$   leap R $\rightarrow$   L two-step $\uparrow$ or $\downarrow$   ..... <div style="text-align: center;">1                      2                      3, 4</div>	4
<p>In all [8] it is necessary to do the two-step <math>\leftrightarrow</math>, instead of <math>\uparrow</math> or <math>\downarrow</math>.</p>		
109, 110	L two-step $\leftrightarrow$ , $\text{LL}$ 90° L or R   R two-step $\rightarrow$ , $\text{LL}$ again 90° L or R   repeat 1, 2   repeat 3, 4   completing L or R $\square$ in 8 counts. <div style="text-align: center;">1, 2                      3, 4                      5, 6                      7, 8</div>	8
111, 112	Hop R, $\diagup$ L leg $\uparrow$   hop R, $\diagdown$ L leg $\downarrow$   L two-step $\leftarrow$   hop L, $\diagup$ R leg $\uparrow$   hop L, $\diagdown$ R leg $\downarrow$   R two-step $\rightarrow$   repeat 1-4 <div style="text-align: center;">1                      2                      3, 4                      5                      6                      7, 8                      9-12</div> <p>repeat 5-8   <math>\text{LL}</math> 90° L or R on 3, 4, on 7, 8, on 11, 12, and on 15, 16, completing L or R <math>\square</math> in 16 counts. ....  <div style="text-align: center;">13-16</div></p>	16
<p>Numbers 4, 8, 10, 11, 13, 15, 17, 37, 39, 43, 45, 47, 49, 51, 53, 55, 65, 73, 75, 77, 95, 97, 103, 105, and 107 may be done on L or R <math>\square</math> with <math>\text{LL}</math> 90° L or R on the <math>\leftrightarrow</math> two-step, which should be substituted for <math>\uparrow</math>, as in numbers 111, 112, in each case completing L or R <math>\square</math> in 16 counts. Numbers 6, 19, 71, 99, and 101 may be done on L or R <math>\square</math> with <math>\text{LL}</math> 90° L or R on the <math>\leftrightarrow</math> two-step, which should be substituted for <math>\uparrow</math>, in each case completing L or R <math>\square</math> in 12 counts.</p>		
<p><sup>†</sup> See Key, special note b, page 9.      * See Key, special note c, page 9.</p>		

## TWO-STEP

Number		Counts
113, 114	Hop R, / L leg ↑   hop R, √ & — L knee ↑   cut L, / R leg ↓   hop L, √ & — R knee ↓   R two-step → 90° L or R	
	<div style="display: flex; justify-content: space-between; width: 100%;"> <span>1</span> <span>2</span> <span>3</span> <span>4</span> <span>5, 6</span> </div> <div style="display: flex; justify-content: space-between; width: 100%;"> <span>L two-step ← 90° again 90° L or R</span> <span>hop L, / R leg ↑</span> <span>hop L, √ &amp; — R knee ↑</span> <span>cut R, / L leg ↓</span> <span>hop R, √ &amp; — L knee ↓</span> </div>	
	<div style="display: flex; justify-content: space-between; width: 100%;"> <span>7, 8</span> <span>9</span> <span>10</span> <span>11</span> <span>12</span> </div> <div style="display: flex; justify-content: space-between; width: 100%;"> <span>L two-step ← 90° L or R</span> <span>R two-step → 90° again 90° L or R</span> </div>	16
	<div style="display: flex; justify-content: space-between; width: 100%;"> <span>13, 14</span> <span>15, 16</span> </div>	
	<p style="text-align: center;">In the following figures, numbers 115, 116, and 123 necessitate progression ↔ in a straight line. Numbers 117-122 inclusive progress ↑ in a straight line.</p>	
115	L two-step ← 180° L   R two-step → 180° R	4
	<div style="display: flex; justify-content: space-between; width: 100%;"> <span>1, 2</span> <span>3, 4</span> </div>	
116	L two-step ← 180° R   R two step → 180° L	4
	<div style="display: flex; justify-content: space-between; width: 100%;"> <span>1, 2</span> <span>3, 4</span> </div>	
117	L two-step ↑   R two-step ↑ 180° L   L two-step ↓   R two-step ↓ 180° R	8
	<div style="display: flex; justify-content: space-between; width: 100%;"> <span>1, 2</span> <span>3, 4</span> <span>5, 6</span> <span>7, 8</span> </div>	
118	L two-step ↑   R two-step ↑ 180° R   L two-step ↓   R two-step ↓ 180° L	8
	<div style="display: flex; justify-content: space-between; width: 100%;"> <span>1, 2</span> <span>3, 4</span> <span>5, 6</span> <span>7, 8</span> </div>	
119	L two-step ↑   R two-step ↑   L two-step ↑ 180° R   R two-step ↓ 180° R	8
	<div style="display: flex; justify-content: space-between; width: 100%;"> <span>1, 2</span> <span>3, 4</span> <span>5, 6</span> <span>7, 8</span> </div>	
120	L two-step ↓   R two-step ↓   L two-step ↓ 180° L   R two-step ↑ 180° L	8
	<div style="display: flex; justify-content: space-between; width: 100%;"> <span>1, 2</span> <span>3, 4</span> <span>5, 6</span> <span>7, 8</span> </div>	

## TWO-STEP

Number		Counts
121	<div>Hop R, / L leg ↑   hop R, √ &amp; — L knee ↑   cut L ↻ 180° R, / R leg ↑   hop L, √ &amp; — R knee ↑   R two-step ↑</div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5, 6</div> </div> <div> <div>L two-step ↑   hop L, / R leg ↓   hop L, √ &amp; — R knee ↑   cut R ↻ 180° L, / L leg ↑   hop R, √ &amp; — L knee ↑</div> <div> <div>7, 8</div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> </div> <div>L two-step ↓   R two-step ↓   .....</div> <div> <div>13, 14</div> <div>15, 16</div> </div> </div>	16
122	<div>Step L ←   touch R 5th, √ &amp; — knees ↻ 90° R   step R →   touch L 5th, √ &amp; — knees ↻ again 90° R   L two-step ↑</div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5, 6</div> </div> <div> <div>R two-step ↑   repeat 1-4   L two-step ↓   R two-step ↓   .....</div> <div> <div>7, 8</div> <div>9-12</div> <div>13, 14</div> <div>15, 16</div> </div> </div>	16
123	<div>Step L ←   touch R 5th, √ &amp; — knees   step R →   touch L 5th √ &amp; — knees   L two-step ← ↻ 180° R  </div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5, 6</div> </div> <div>R two-step → ↻ again 180° R   .....</div> <div>7, 8</div>	8

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## THE SKIP-STEP

### REMARKS

As the Skip-Step is essentially an active step, it involves more exercise than the preceding groups, and, in consequence, has a greater hygienic value. Almost every child has "skipped" in his early years, and welcomes this exercise as play. Older pupils sometimes find more difficulty in learning the formula, but the spontaneity that the movement requires is itself a valuable quality to cultivate. The *hop* in the foundation has no separate count from the *step*, but must, nevertheless, precede it like a grace note in music, as upon this execution depends the skip itself.

The accurate time for Skip-Steps is somewhat faster than Tempo I. usually indicates.

The Skip-Step lends itself delightfully to spirited music in 6/8 time.





# SKIP-STEP

## TEMPO II.

(See Remarks, page 55.)

Number		Counts
*1	Hop R, step L ↑   hop L, step R ↑   hop R, step L ↑   hop L, step R ↑   This is the L skip-step ↑. ....	4
	1 2 3 4	
*2	Hop R, step L ↓   hop L, step R ↓   hop R, step L ↓   hop L, step R ↓   This is the L skip-step ↓. ....	4
	1 2 3 4	
*3	Hop R, step L ←   hop L, step R ← X in front of L   hop R, step L ←   hop L, step R ← X in front of L   This is the front L side-skip-step. ....	4
	1 2 3 4	
*4	Hop R, step L ←   hop L, step R ← X in back of L   hop R, step L ←   hop L, step R ← X in back of L   This is the rear L side-skip-step. ....	4
	1 2 3 4	
*5	Hop R, step L ←   hop L, step R ← X in front of L   hop R, step L ←   hop L, step R ← X in back of L   This is the front-and-rear L side-skip-step. ....	4
	1 2 3 4	
6-10	Hop R, / L leg ↑   hop R, / L leg ↓   cut L, / R leg ↑   hop L, / R leg ↓   R skip-step ↑ or ↓, or front, or rear, or front-and-rear, R side-skip-step   ....	8
	1 2 3 4	
	5, 6, 7, 8	
11-15	Hop R, / L leg ↓   hop R, / L leg ↑   cut L, / R leg ↓   hop L, / R leg ↑   R skip-step ↑ or ↓, or front, or rear, or front-and-rear, R side-skip-step   ....	8
	1 2 3 4	
	5, 6, 7, 8	

\* See Key, special note c, page 9.

# SKIP-STEP

Number		Counts
16, 17	Hop R, $\sqrt{\text{L knee } \uparrow}$   hop R, — L knee $\uparrow$   cut L, $\sqrt{\text{R knee } \uparrow}$   hop L, — R knee $\uparrow$   R skip-step $\uparrow$ or $\downarrow$   and with $\angle 45^\circ$ $\begin{array}{ccccccccc} 1 & & 2 & & 3 & & 4 & & 5, 6, 7, 8 \end{array}$ L on 1, 2, and return and $\angle 45^\circ$ R on 3, 4.	8
18-20	Hop R, $\sqrt{\text{L knee } \uparrow}$   hop R, — L knee $\uparrow$   cut L, $\sqrt{\text{R knee } \uparrow}$   hop L, — R knee $\uparrow$   $\begin{array}{ccccccccc} 1 & & 2 & & 3 & & 4 & & \end{array}$ front, or rear, or front-and-rear, R side-skip-step   ..... 5, 6, 7, 8	8
21, 22	Hop R, $\diagup$ L leg $\uparrow$   hop R, $\sqrt{\text{L knee } \uparrow}$   cut L, $\diagup$ R leg $\uparrow$   hop L, $\sqrt{\text{R knee } \uparrow}$   R skip-step $\uparrow$ or $\downarrow$   and with $\angle 45^\circ$ L $\begin{array}{ccccccccc} 1 & & 2 & & 3 & & 4 & & 5, 6, 7, 8 \end{array}$ on 1, 2, and return and $\angle 45^\circ$ R on 3, 4.	8
23-25	Hop R, $\diagup$ L leg $\uparrow$   hop R, $\sqrt{\text{L knee } \uparrow}$   cut L, $\diagup$ R leg $\uparrow$   hop L, $\sqrt{\text{R knee } \uparrow}$   $\begin{array}{ccccccccc} 1 & & 2 & & 3 & & 4 & & \end{array}$ front, or rear, or front-and-rear, R side-skip-step   ..... 5, 6, 7, 8	8
26-30	Hop R, $\sqrt{\text{L knee } \uparrow}$   hop R, — L knee $\downarrow$   cut L, $\sqrt{\text{R knee } \uparrow}$   hop L, — R knee $\downarrow$   $\begin{array}{ccccccccc} 1 & & 2 & & 3 & & 4 & & \end{array}$ R skip-step $\uparrow$ or $\downarrow$ , or front, or rear, or front-and-rear, R side-skip-step   ..... 5, 6, 7, 8	8
31, 32	Hop R, $\sqrt{\text{L knee } \downarrow}$   hop R, — L knee $\uparrow$   cut L, $\sqrt{\text{R knee } \downarrow}$   hop L, — R knee $\uparrow$   R skip-step $\uparrow$ or $\downarrow$   and with $\angle 45^\circ$ $\begin{array}{ccccccccc} 1 & & 2 & & 3 & & 4 & & 5, 6, 7, 8 \end{array}$ L on 1, 2, and return and $\angle 45^\circ$ R on 3, 4.	8
33-35	Hop R, $\sqrt{\text{L knee } \downarrow}$   hop R, — L knee $\uparrow$   cut L, $\sqrt{\text{R knee } \downarrow}$   hop L, — R knee $\uparrow$   $\begin{array}{ccccccccc} 1 & & 2 & & 3 & & 4 & & \end{array}$ front, or rear, or front-and-rear, R side-skip-step   ..... 5, 6, 7, 8	8
36, 37	Hop R, $\diagdown$ L leg $\downarrow$   hop R, $\sqrt{\text{L knee } \uparrow}$   cut L, $\diagdown$ R leg $\downarrow$   hop L, $\sqrt{\text{R knee } \uparrow}$   R skip-step $\uparrow$ or $\downarrow$   and with $\angle 45^\circ$ $\begin{array}{ccccccccc} 1 & & 2 & & 3 & & 4 & & 5, 6, 7, 8 \end{array}$ L on 1, 2, and return and $\angle 45^\circ$ R on 3, 4.	8

# SKIP-STEP

Number		Counts
38-40	<div>Hop R, / L leg ↓   hop R, √ L knee ↑   cut L, / R leg ↓   hop L, √ R knee ↑  </div> <div> <div>1234</div> <div>front, or rear, or front-and-rear, R side-skip-step   .....</div> </div> <div>5, 6, 7, 8</div>	8
41, 42	<div>Hop R, / L leg ↑   hop R, √ &amp; — L knee ↑   cut L, / R leg ↑   hop L, √ &amp; — R knee ↑   R skip-step ↑ or ↓   and with</div> <div> <div>12345, 6, 7, 8</div> <div>↻ 45° L on 1, 2, and return and ↻ 45° R on 3, 4.</div> </div>	8
43-45	<div>Hop R, / L leg ↑   hop R, √ &amp; — L knee ↑   cut L, / R leg ↑   hop L, √ &amp; — R knee ↑  </div> <div> <div>1234</div> <div>front, or rear, or front-and-rear, R side-skip-step   .....</div> </div> <div>5, 6, 7, 8</div>	8
46-50	<div>Hop R, / L leg ↓   hop R, √ &amp; — L knee ↓   cut L, / R leg ↓   hop L, √ &amp; — R knee ↓  </div> <div> <div>1234</div> <div>R skip-step ↑ or ↓, or front, or rear, or front-and-rear, R side-skip-step   .....</div> </div> <div>5, 6, 7, 8</div>	8
51-55	<div>Hop R, / L leg ↑   hop R, √ &amp; — L knee ↑   cut L, / R leg ↓   hop L, √ &amp; — R knee ↓  </div> <div> <div>1234</div> <div>R skip-step ↑ or ↓, or front, or rear, or front-and-rear, R side-skip-step   .....</div> </div> <div>5, 6, 7, 8</div>	8
56, 57	<div>Hop R, touch L ↑   hop R, touch L ↓   cut L, touch R ↑   hop L, touch R ↓   R skip-step ↑ or ↓   and with ↻ 45° L on</div> <div> <div>12345, 6, 7, 8</div> <div>1, 2, and return and ↻ 45° R on 3, 4.</div> </div>	8
58-60	<div>Hop R, touch L ↑   hop R, touch L ↓   cut L, touch R ↑   hop L, touch R ↓   front, or rear, or front-and-rear, R side-skip-step</div> <div> <div>12345, 6, 7, 8</div> </div>	8
61, 62	<div>Hop R, touch L ↓   hop R, touch L ↑   cut L, touch R ↓   hop L, touch R ↑   R skip-step ↑ or ↓   and with ↻ 45° L on</div> <div> <div>12345, 6, 7, 8</div> <div>1, 2, and return and ↻ 45° R on 3, 4.</div> </div>	8

# SKIP-STEP

Number		Counts
63-65	Hop R, touch L ↓   hop R, touch L ↑   cut L, touch R ↓   hop L, touch R ↑   front, or rear, or front-and-rear, R side-skip-step	8
	1 2 3 4 5, 6, 7, 8	
66, 67	Hop R, touch L ←   hop R, touch L ↑   cut L, touch R →   hop L, touch R ↑   R skip-step ↑ or ↓   and with 45° L on	8
	1 2 3 4 5, 6, 7, 8	
	1, 2, and return and 45° R on 3, 4.	
68-70	Hop R, touch L ←   hop R, touch L ↑   cut L, touch R →   hop L, touch R ↑   front, or rear, or front-and-rear, R side-skip-step	8
	1 2 3 4 5, 6, 7, 8	
71, 72	Hop R, touch L ←   hop R, touch L ↓   cut L, touch R →   hop L, touch R ↓   R skip-step ↑ or ↓   and with 45° L on	8
	1 2 3 4 5, 6, 7, 8	
	1, 2, and return and 45° R on 3, 4.	
73-75	Hop R, touch L ←   hop R, touch L ↓   cut L, touch R →   hop L, touch R ↓   front, or rear, or front-and-rear, R side-skip-step	8
	1 2 3 4 5, 6, 7, 8	
76, 77	Hop R, touch L heel ↑   hop R, touch L toe ↓   cut L, touch R heel ↑   hop L, touch R toe ↓   R skip-step ↑ or ↓   and with	8
	1 2 3 4 5, 6, 7, 8	
	45° L on 1, 2, and return and 45° R on 3, 4.	
78-80	Hop R, touch L heel ↑   hop R, touch L toe ↓   cut L, touch R heel ↑   hop L, touch R toe ↓	
	1 2 3 4	
	front, or rear, or front-and-rear, R side-skip-step   ..... 8	
	5, 6, 7, 8	
81, 82	Hop R, touch L heel ←   hop R, touch L toe ↑   Cut L, touch R heel →   hop L, touch R toe ↑   R skip-step ↑ or ↓   and with	8
	1 2 3 4 5, 6, 7, 8	
	45° L on 1, 2, and return and 45° R on 3, 4.	
83-85	Hop R, touch L heel ←   hop R, touch L toe ↑   cut L, touch R heel →   hop L, touch R toe ↑	
	1 2 3 4	
	front, or rear, or front-and-rear, R side-skip-step   ..... 8	
	5, 6, 7, 8	

# SKIP-STEP

Number		Counts
86, 87	<div>Hop R, touch L heel ←   hop R, touch L toe ↓   cut L, touch R heel →   hop L, touch R toe ↓   R skip-step ↑ or ↓   and with</div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5, 6, 7, 8</div> </div> <div> <div>↘ 45° L on 1, 2, and return and ↘ 45° R on 3, 4.</div> </div>	8
88-90	<div>Hop R, touch L heel ←   hop R, touch L toe ↓   cut L, touch R heel →   hop L, touch R toe ↓  </div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> </div> <div>front, or rear, or front-and-rear, R side-skip-step   .....</div> <div>5, 6, 7, 8</div>	8
91, 92	<div>Hop R, touch L 5th, √ knees   hop R, touch L ↑   cut L, touch R 5th, √ knees   hop L, touch R ↑   R skip-step ↑ or ↓   and</div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5, 6, 7, 8</div> </div> <div>with ↘ 45° L on 1, 2, and return and ↘ 45° R on 3, 4.</div>	8
93-95	<div>Hop R, touch L 5th, √ knees   hop R, touch L ↑   cut L, touch R 5th, √ knees   hop L, touch R ↑  </div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> </div> <div>front, or rear, or front-and-rear, R side-skip-step   .....</div> <div>5, 6, 7, 8</div>	8
*96, 97	<div>Step L ←   touch R 5th, √ &amp; — knees   step R →   touch L 5th, √ &amp; — knees   L skip-step ↑ or ↓   and with ↘ 45° R on</div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5, 6, 7, 8</div> </div> <div>1, 2, and return and ↘ 45° L on 3, 4.</div>	8
*98-100	<div>Step L ←   touch R 5th, √ &amp; — knees   step R →   touch L 5th, √ &amp; — knees  </div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> </div> <div>front, or rear, or front-and-rear, L side-skip-step   .....</div> <div>5, 6, 7, 8</div>	8
*101, 102	<div>Step L ←   touch R ↑   step R →   touch L ↑   L skip-step ↑ or ↓   and with ↘ 45° R on 1, 2, and return and ↘ 45° L on 3, 4.</div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5, 6, 7, 8</div> </div>	8
*103-105	<div>Step L ←   touch R ↑   step R →   touch L ↑   front, or rear, or front-and-rear, L side-skip-step   .....</div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5, 6, 7, 8</div> </div>	8
	* See Key, special note c, page 9.	

# SKIP-STEP

Number		Counts
106, 107	Hop R, touch L 6th, √ knees   hop R, — L leg ↖   cut L, touch R 6th, √ knees   hop L, — R leg ↗   R skip-step ↑ or ↓ <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5, 6, 7, 8</div> </div> and with 45° L on 1, 2, and return and 45° R on 3, 4.	8
108-110	Hop R, touch L 6th, √ knees   hop R, — L leg ↖   cut L, touch R 6th, √ knees   hop L, — R leg ↗   <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> </div> front, or rear, or front-and-rear, R side-skip-step ..... 5, 6, 7, 8	8
111, 112	Hop R, / L leg ↖   hop R, touch L 6th   cut L, / R leg ↗   hop L, touch R 6th   R skip-step ↑ or ↓   and with 45° <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5, 6, 7, 8</div> </div> L on 1, 2, and return and 45° R on 3, 4.	8
113-115	Hop R, / L leg ↖   hop R, touch L 6th   cut L, / R leg ↗   hop L, touch R 6th   <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> </div> front, or rear, or front-and-rear, R side-skip-step ..... 5, 6, 7, 8	8
116-120	Hop R, √ L 6th / <sup>d</sup>   Hop R, √ L 5th / <sup>d</sup>   cut L, √ R 6th / <sup>d</sup>   hop L, √ R 5th / <sup>d</sup>   <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> </div> R skip-step ↑ or ↓, or front, or rear, or front-and-rear, R side-skip-step ..... 5, 6, 7, 8	8
121-125	Hop R, √ L 5th / <sup>d</sup>   hop R, √ L 6th / <sup>d</sup>   cut L, √ R 5th / <sup>d</sup>   hop L, √ R 6th / <sup>d</sup>   <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> </div> R skip-step ↑ or ↓, or front, or rear, or front-and-rear, R side-skip-step ..... 5, 6, 7, 8	8
*126-130	Leap L ←   leap R →   leap L ←   leap R →   L skip-step ↑ or ↓, or front, or rear, or front-and-rear, L side-skip-step   ..... <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5, 6, 7, 8</div> </div>	8

\* See Key, special note c, page 9.

# SKIP-STEP

Number		Counts
131, 132	Hop R, slide L ←   cut R, slide L ←   cut R, slide L ←   cut R, slide L ←   R skip-step ↑ or ↓   ..... 1 2 3 4 5, 6, 7, 8	8
133-135	Hop R, slide L ↑   cut R, slide L ↑   cut R, slide L ↑   cut R, slide L ↑   front, or rear, or front-and-rear, R side-skip-step 1 2 3 4 5, 6, 7, 8	8
136-138	Hop R, slide L ↓   cut R, slide L ↓   cut R, slide L ↓   cut R, slide L ↓   front, or rear, or front-and-rear, R side-skip-step 1 2 3 4 5, 6, 7, 8	8
139, 140	Hop R, / L leg ↑   hop R, / L leg ↓   cut L, / R leg ↑   hop L, / R leg ↓   R skip-step ↑   (22) 90° L or R on 1-4 1 2 3 4 5, 6, 7, 8 hop L, / R leg ↑   hop L, / R leg ↓   cut R, / L leg ↑   hop R, / L leg ↓   L skip-step ↑   (22) again 90° L or R on 9-12 9 10 11 12 13-16 repeat 1-8   repeat 9-16   (22) again 90° L or R on 17-20, and on 25-28, completing L or R □ in 32 counts. .... 17-24 25-32	32
	Numbers 6, 11, 16, 21, 26, 31, 36, 41, 46, 51, 56, 61, 66, 71, 76, 81, 86, 91, 96, 101, 106, 111, 116, and 121 may be done on L or R □ with (22) 90° L or R on 1-4, as in numbers 139, 140, in each case completing L or R □ in 32 counts.	
141, 142	Hop R, / L leg ↑   hop R, / L leg ↓   cut L, / R leg ↑   hop L, / R leg ↓   front-and-rear R side-skip-step   (22) 180° L 1 2 3 4 5, 6, 7, 8 or R on 1-4   hop L, / R leg ↑   hop L, / R leg ↓   cut R, / L leg ↑   hop L, / R leg ↓   front-and-rear R side-skip-step 9 10 11 12 13-16 (22) 180° in reverse direction R or L on 9-12, completing the figure in 16 counts. (The figure necessitates progression ↔ in a straight line.) Numbers 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 110, 115, 120, and 125 may be done with (22) 180° L or R on 1-4, as in numbers 141, 142, in each case completing the figure in 16 counts.	16





# THE CHANGE-STEP

## REMARKS

The so-called three-count steps, of which the Change-Step is a simple example, train the pupil to appreciate a new rhythm. They are of special use in cultivating grace and ease of movement, and, done with twistings as indicated, they may be of great æsthetic value. The Change-Step is given here rather than the waltz or other possibilities, because it can be more readily mastered, and therefore more generally used.

For the explanation of one movement made to more than one count, as in the variation of number 4 and others, see Key, page 9, bracketed space.

The three-count groups may all be done to  $\frac{3}{4}$  waltz music. If, during early practice, a slower rhythm is desired,  $\frac{3}{4}$  mazurka time is suitable.



# CHANGE-STEP

TEMPO II.

Number		Counts
1	Step L ←   cut R   step L in place   and with 45° L on 1, and return on 3. This is the L change-step ← ..... <div> <div>1</div> <div>2</div> <div>3</div> </div>	3
2	Step L ↑   cut R   step L ↑   This is the L change-step ↑ ..... <div> <div>1</div> <div>2</div> <div>3</div> </div>	3
3	Step L ↓   cut R   step L ↓   This is the L change-step ↓ ..... <div> <div>1</div> <div>2</div> <div>3</div> </div>	3
*4, 5	Step L ←   / R leg ↑ or ↓   hop L   R change-step →   and with 45° R on 1-3, and return on 4-6. .... <div> <div>1</div> <div>2, 3</div> <div>3</div> <div>4, 5, 6</div> </div>	6
*6, 7	Step L ↑   / R leg ↑   hop L   R change-step ↑ or ↓   ..... <div> <div>1</div> <div>2, 3</div> <div>3</div> <div>4, 5, 6</div> </div>	6
*8, 9	Step L ↓   / R leg ↑   hop L   R change-step ↑ or ↓   ..... <div> <div>1</div> <div>2, 3</div> <div>3</div> <div>4, 5, 6</div> </div>	6
*10, 11	Step L ↑   / R leg ↓   hop L   R change-step ↑ or ↓   ..... <div> <div>1</div> <div>2, 3</div> <div>3</div> <div>4, 5, 6</div> </div>	6
*12, 13	Step L ↓   / R leg ↓   hop L   R change-step ↑ or ↓   ..... <div> <div>1</div> <div>2, 3</div> <div>3</div> <div>4, 5, 6</div> </div>	6
14-16	Hop R, / L leg ↑   hop R, / L leg ↓   L change-step ←, ↑, or ↓   ..... <div> <div>1, 2</div> <div>3</div> <div>4, 5, 6</div> </div>	6
17-19	Hop R, / L leg ↓   hop R, / L leg ↑   L change-step ←, ↑, or ↓   ..... <div> <div>1, 2</div> <div>3</div> <div>4, 5, 6</div> </div>	6
*20	Step L ←   √ R knee ↑   hop L   R change-step →   ..... <div> <div>1</div> <div>2, 3</div> <div>3</div> <div>4, 5, 6</div> </div>	6

\* See Key, special note c, page 9.

## CHANGE-STEP

Number	Counts
*21, 22	6
Step L ↑   √ R knee ↑   hop L   R change-step ↑ or ↓ ..... 1                  2, 3          3                  4, 5, 6	
*23, 24	6
Step L ↓   √ R knee ↑   hop L   R change-step ↑ or ↓ ..... 1                  2, 3          3                  4, 5, 6	
Numbers 4-24 inclusive may be done repeating both the variation and the foundation with change of feet,† doubling the number of counts.	
25	6
Hop R, √ L knee ↑   hop R, — L knee ↑   L change-step ←   and with 45° L on 1-3, and return on 4-6. .... 1, 2                          3                          4, 5, 6	
26, 27	6
Hop R, √ L knee ↑   hop R, — L knee ↑   L change-step ↑ or ↓ ..... 1, 2                          3                          4, 5, 6	
28	6
Hop R, / L leg ↑   hop R, √ L knee ↑   L change-step ←   and with 45° L on 1-3, and return on 4-6. .... 1, 2                          3                          4, 5, 6	
29, 30	6
Hop R, / L leg ↑   hop R, √ L knee ↑   L change-step ↑ or ↓ ..... 1, 2                          3                          4, 5, 6	
31	6
Hop R, / L leg ↑   hop R, √ & — L knee ↑   L change-step ←   and with 45° L on 1-3, and return on 4-6. .... 1, 2                          3                          4, 5, 6	
32, 33	6
Hop R, / L leg ↑   hop R, √ & — L knee ↑   L change-step ↑ or ↓ ..... 1, 2                          3                          4, 5, 6	
34-36	6
Hop R, / L leg ↓   hop R, √ & — L knee ↓   L change-step ←, ↑, or ↓ ..... 1, 2                          3                          4, 5, 6	
37-39	12
Hop R, / L leg ↑   hop R, √ & — L knee ↑   cut L, / R leg ↓   hop L, √ & — R knee ↓   R change-step →, ↑, or ↓ ..... 1, 2                          3                          4, 5                          6                          7, 8, 9	
L change-step in corresponding direction ←, ↑, or ↓ ..... 10, 11, 12	
40-42	6
Touch L ↑   L change-step ←, ↑, or ↓ ..... 1, 2, 3                          4, 5, 6	

† See Key, special note b, page 9.      \* See Key, special note c, page 9.

## CHANGE-STEP

Number		Counts
43-45	Touch L ↓   L change-step ↔, ↑, or ↓   ..... 1, 2, 3                      4, 5, 6	6
46	Touch L ←   L change-step ←   and with (32) 45° L on 1-3, and return on 4-6. .... 1, 2, 3                      4, 5, 6	6
47, 48	Touch L ←   L change-step ↑ or ↓   ..... 1, 2, 3                      4, 5, 6	6
49-51	Touch L ↑   touch L ↓   L change-step ↔, ↑, or ↓   ..... 1, 2                      3                      4, 5, 6	6
52-54	Touch L ↓   touch L ↑   L change-step ↔, ↑, or ↓   ..... 1, 2                      3                      4, 5, 6	6
55-57	Touch L ←   touch L ↑   L change-step ↔, ↑, or ↓   ..... 1, 2                      3                      4, 5, 6	6
58-60	Touch L ↑   touch L ←   L change-step ↔, ↑, or ↓   ..... 1, 2                      3                      4, 5, 6	6
61-63	Touch L ←   touch L ↓   L change-step ↔, ↑, or ↓   ..... 1, 2                      3                      4, 5, 6	6
64-66	Touch L ↓   touch L ←   L change-step ↔, ↑, or ↓   ..... 1, 2                      3                      4, 5, 6	6
67-69	/ L leg ↑, √ & — R knee   touch L ↑   L change-step ↔, ↑, or ↓   ..... 1, 2                      3                      4, 5, 6	6
70-72	Touch L 5th, √ & — knees   L change-step ↔, ↑, or ↓   ..... 1, 2, 3                      4, 5, 6	6
73-75	Touch L 5th, √ & — knees   touch L ↑   L change-step ↔, ↑, or ↓   ..... 1, 2                      3                      4, 5, 6	6
76-78	Touch L 5th, √ & — knees   touch L ↓   L change-step ↔, ↑, or ↓   ..... 1, 2                      3                      4, 5, 6	6

# CHANGE-STEP

Number		Counts
79-81	Touch L 5th, √ & — knees   touch L ←   L change-step ←, ↑, or ↓   ..... 1, 2                      3                      4, 5, 6	6
*82	Step L ←   touch R 5th, √ & — knees   R change-step →   and with 45° R on 1-3, and return on 4-6..... 1, 2                      3                      4, 5, 6	6
*83, 84	Step L ↑   touch R 5th, √ & — knees   R change-step ↑ or ↓   ..... 1, 2                      3                      4, 5, 6	6
*85, 86	Step L ↓   touch R 5th, √ & — knees   R change-step ↑ or ↓   ..... 1, 2                      3                      4, 5, 6	6
*87	Step L ←   touch R ↑   R change-step →   ..... 1, 2                      3                      4, 5, 6	6
*88, 89	Step L ↑   touch R ↑   R change-step ↑ or ↓   ..... 1, 2                      3                      4, 5, 6	6
*90, 91	Step L ↓   touch R ↑   R change-step ↑ or ↓   ..... 1, 2                      3                      4, 5, 6	6
92	Hop R, touch L 6th, √ knees   hop R, — L leg ↘   L change-step ←   and with 45° L on 1-3, and return on 4-6. .... 1, 2                      3                      4, 5, 6	6
93, 94	Hop R, touch L 6th, √ knees   hop R, — L leg ↘   L change-step ↑ or ↓   ..... 1, 2                      3                      4, 5, 6	6
95	Hop R, / L leg ↘   hop R, touch L 6th   L change-step ←   and with 45° L on 1-3, and return on 4-6. .... 1, 2                      3                      4, 5, 6	6
96, 97	Hop R, / L leg ↘   hop R, touch L 6th   L change-step ↑ or ↓   ..... 1, 2                      3                      4, 5, 6	6
98-100	Hop R, √ L 6th, / <sup>d</sup>   hop R, √ L 5th / <sup>d</sup>   L change-step ←, ↑, or ↓   and with 180° L on 1-3..... 1, 2                      3                      4, 5, 6	6

\* See Key, special note c, page 9.

# CHANGE-STEP

Number		Counts
101-103	<div> <div>Hop R, <math>\sqrt{\text{L 5th}} \nearrow^d</math>   hop R, <math>\sqrt{\text{L 6th}} \nearrow^d</math>   L change-step <math>\leftarrow</math>, <math>\uparrow</math>, or <math>\downarrow</math>   and with <math>\text{LL}</math> <math>180^\circ</math> L on 1-3. ....</div> <div>1, 2                      3                      4, 5, 6</div> <p>Numbers 82-103 inclusive may be done repeating both the variation and the foundation with change of feet,<sup>†</sup> doubling the number of counts. When numbers 98-103 inclusive are done with repetition, omit <math>\text{LL}</math> altogether.</p> </div>	6
104-106	<div> <div>Leap L <math>\leftarrow</math>   leap R <math>\rightarrow</math>   L change-step <math>\leftarrow</math>, <math>\uparrow</math>, or <math>\downarrow</math>   .....</div> <div>1, 2                      3                      4, 5, 6</div> </div>	6
107	<div> <div>Slide L <math>\leftarrow</math>   cut R   L change-step <math>\leftarrow</math>   and with <math>\text{LL}</math> <math>45^\circ</math> L on 1-3, and return on 4-6. ....</div> <div>1, 2                      3                      4, 5, 6</div> </div>	6
108, 109	<div> <div>Slide L <math>\leftarrow</math>   cut R   L change-step <math>\uparrow</math> or <math>\downarrow</math>   .....</div> <div>1, 2                      3                      4, 5, 6</div> </div>	6
110-112	<div> <div>Slide L <math>\uparrow</math>   cut R   L change-step <math>\leftarrow</math>, <math>\uparrow</math>, or <math>\downarrow</math>   .....</div> <div>1, 2                      3                      4, 5, 6</div> </div>	6
113-115	<div> <div>Slide L <math>\downarrow</math>   cut R   L change-step <math>\leftarrow</math>, <math>\uparrow</math>, or <math>\downarrow</math>   .....</div> <div>1, 2                      3                      4, 5, 6</div> </div>	6
116, 117	<div> <div>L change-step <math>\leftarrow</math> <math>\text{LL}</math> <math>90^\circ</math> L or R   R change-step <math>\rightarrow</math> <math>\text{LL}</math> again <math>90^\circ</math> L or R   repeat 1-3   repeat 4-6   completing L or R</div> <div>1, 2, 3                      4, 5, 6                      7, 8, 9                      10-12</div> <div><input type="checkbox"/> in 12 counts.</div> </div>	12
118, 119	<div> <div>Step L <math>\leftarrow</math>   <math>\nearrow</math> R leg <math>\uparrow</math>   hop L   R change-step <math>\rightarrow</math> <math>\text{LL}</math> <math>90^\circ</math> L or R   repeat 1-6   repeat 1-6   repeat 1-6   <math>\text{LL}</math> again <math>90^\circ</math> L or R</div> <div>1                      2, 3                      3                      4, 5, 6                      7-12                      13-18                      19-24</div> <div>R on 10-12, on 16-18, and on 21-24, completing L or R <input type="checkbox"/> in 24 counts.</div> <p>Numbers 5, 14, 17, 20, 25, 28, 31, 34, 92, 95, 98, 101, 104, and 107 may be done on L or R <input type="checkbox"/> with <math>\text{LL}</math> <math>90^\circ</math> L or R on the <math>\leftrightarrow</math> change-step, as in numbers 118, 119, in each case completing L or R <input type="checkbox"/> in 24 counts.</p> </div>	24

<sup>†</sup> See Key, special note b, page 9.

## CHANGE-STEP

[illegible]



# CHANGE-STEP

Number		Counts
129	<div>Hop R, / L leg ↑   hop R, √ &amp; — L knee ↑   cut L 180° R, / R leg ↑   hop L, √ &amp; — R knee ↑   R change-step ↑</div> <div> <div>1, 2</div> <div>3</div> <div>4, 5</div> <div>6</div> <div>7, 8, 9</div> </div> <div>L change-step ↑   hop L, / R leg ↑   hop L, √ &amp; — R knee ↑   cut R 180° L, / L leg ↑   hop R, √ &amp; — L knee ↑</div> <div> <div>10, 11, 12</div> <div>13, 14</div> <div>15</div> <div>16, 17</div> <div>18</div> </div> <div>L change-step ↓   R change-step ↓   .....</div> <div>19-21</div> <div>22-24</div>	24
130	<div>Hop R, touch L 6th, √ knees   hop R, — L leg ↘   cut L, touch R 6th, √ knees   hop L, — R leg ↗</div> <div> <div>1, 2</div> <div>3</div> <div>4, 5</div> <div>6</div> </div> <div>R change-step ↑ 180° R   L change-step ↓ 180° R   .....</div> <div> <div>7, 8, 9</div> <div>10, 11, 12</div> </div>	12
131	<div>Hop R, / L leg ↘   hop R, touch L 6th   cut L, / R leg ↗   hop L, touch R 6th   R change-step ↑ 180° R</div> <div> <div>1, 2</div> <div>3</div> <div>4, 5</div> <div>6</div> <div>7, 8, 9</div> </div> <div>L change-step ↓ 180° R   .....</div> <div>10, 11, 12</div>	12
132	<div>Step L ↑   touch R 5th, √ &amp; — knees   step R ↑   touch L 5th, √ &amp; — knees   R change-step ↑ 180° R</div> <div> <div>1, 2</div> <div>3</div> <div>4, 5</div> <div>6</div> <div>7, 8, 9</div> </div> <div>L change-step ↓ 180° R   .....</div> <div>10, 11, 12</div>	12
133	<div>Step L ↑   touch R ↑   step R ↑   touch L ↑   R change-step ↑ 180° R   L change-step ↓ 180° R   .....</div> <div> <div>1, 2</div> <div>3</div> <div>4, 5</div> <div>6</div> <div>7, 8, 9</div> <div>10, 11, 12</div> </div>	12
134	<div>Hop R, √ L 6th /<sup>d</sup>   hop R, √ L 5th /<sup>d</sup>   cut L, √ R 6th /<sup>d</sup>   hop L, √ R 5th /<sup>d</sup>   R change-step ↑ 180° R</div> <div> <div>1, 2</div> <div>3</div> <div>4, 5</div> <div>6</div> <div>7, 8, 9</div> </div> <div>L change-step ↓ 180° R   .....</div> <div>10, 11, 12</div>	12
135	<div>Hop R, √ L 5th /<sup>d</sup>   hop R, √ L 6th /<sup>d</sup>   cut L, √ R 5th /<sup>d</sup>   hop L, √ R 6th /<sup>d</sup>   R change-step ↑ 180° R</div> <div> <div>1, 2</div> <div>3</div> <div>4, 5</div> <div>6</div> <div>7, 8, 9</div> </div> <div>L change-step ↓ 180° R   .....</div> <div>10, 11, 12</div>	12



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## THE ROCKING-STEP

### REMARKS

The Rocking-Step gives useful training in three-count rhythm. Although easily executed, it must not be done carelessly, else its æsthetic value is lost.

For the explanation of one movement made to more than one count, as in the variation of number 5 and others, see Key, page 9, bracketed space.

For suitable music, see Change-Step, remarks, page 65.



# ROCKING-STEP

TEMPO II.

Number		Counts
1	Step L ←   together with R in 3rd ↓ / heels   \ L heel   and with 45° L on 1. This is the L rocking-step ← ....	3
	1                      2                      3	
2	Step L ↑   together with R in 3rd ↓ / heels   \ L heel   This is the L rocking-step ↑. ....	3
	1                      2                      3	
3	Step L ↓   together with R in 3rd ↑ / heels   \ L heel   This is the L rocking-step ↓. ....	3
	1                      2                      3	
4	Step L ↘   together with R in 3rd ↓ / heels   \ L heel   and with 45° L on 1. ....	3
	1                      2                      3	
*5	Step L ←   / R leg ↑   hop L   R rocking-step →   ....	6
	1              2, 3              3              4, 5, 6	
*6, 7	Step L ↑   / R leg ↑   hop L   R rocking-step ↑ or ↓   ....	6
	1              2, 3              3              4, 5, 6	
*8	Step L ↓   / R leg ↑   hop L   R rocking-step ↓   ....	6
	1              2, 3              3              4, 5, 6	
*9, 10	Step L ↑   / R leg ↓   hop L   R rocking-step ↑ or ↓   ....	6
	1              2, 3              3              4, 5, 6	
*11, 12	Step L ↓   / R leg ↓   hop L   R rocking-step ↑ or ↓   ....	6
	1              2, 3              3              4, 5, 6	
13	Hop R, / L leg ↓   hop R, / L leg ↑   L rocking-step ↑   ....	6
	1, 2                      3                      4, 5, 6	
*14	Step L ←   √ R knee ↑   hop L   R rocking-step →   ....	6
	1              2, 3              3              4, 5, 6	

\* See Key, special note c, page 9.

## ROCKING-STEP

Number		Count
*15, 16	Step L ↑   √ R knee ↑   hop L   R rocking-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span><span>2, 3</span><span>3</span><span>4, 5, 6</span> </div>	6
*17	Step L ↓   √ R knee ↓   hop L   R rocking-step ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span><span>2, 3</span><span>3</span><span>4, 5, 6</span> </div>	6
*18	Step L ←   / R leg ↑   hop L, √ R knee ↑   R rocking-step →   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span><span>2</span><span>3</span><span>4, 5, 6</span> </div>	6
*19, 20	Step L ↑   / R leg ↑   hop L, √ R knee ↑   R rocking-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span><span>2</span><span>3</span><span>4, 5, 6</span> </div>	6
*21	Step L ↓   / R leg ↑   hop L, √ R knee ↑   R rocking-step ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span><span>2</span><span>3</span><span>4, 5, 6</span> </div>	6
*22	Step L ←   / R leg ↑   hop L, √ & — R knee ↑   R rocking-step →   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span><span>2</span><span>3</span><span>4, 5, 6</span> </div>	6
*23, 24	Step L ↑   / R leg ↑   hop L, √ & — R knee ↑   R rocking-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span><span>2</span><span>3</span><span>4, 5, 6</span> </div>	6
*25	Step L ↓   / R leg ↑   hop L, √ & — R knee ↑   R rocking-step ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span><span>2</span><span>3</span><span>4, 5, 6</span> </div>	6
Numbers 5-25 inclusive (except number 13) may be done repeating both the variation and the foundation with change of feet, doubling the number of counts.		
*26-28	Step L ↑   / R leg ↑   hop L, √ & — R knee ↑   cut R, / L leg ↓   hop R, √ & — L knee ↓   L rocking-step ←, ↑, or ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span><span>2</span><span>3</span><span>4, 5</span><span>6</span><span>7, 8, 9</span> </div> <div style="display: flex; justify-content: space-between; width: 100%;"> <span>R rocking-step →, ↑, or ↓   .....</span><span>10, 11, 12</span> </div>	12
29-31	Touch L ↑   L rocking-step ←, ↑, or ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1, 2, 3</span><span>4, 5, 6</span> </div>	6
32-34	Touch L ↓   L rocking-step ←, ↑, or ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1, 2, 3</span><span>4, 5, 6</span> </div>	6

\* See Key, special note c, page 9.

# ROCKING-STEP

Number		Counts
35-36	Touch L ←   L rocking-step ↑ or ↓   ..... 1, 2, 3                      4, 5, 6	6
37-39	Touch L ↑   touch L ↓   L rocking-step ↔, ↑, or ↓   ..... 1, 2                      3                      4, 5, 6	6
40-42	Touch L ↓   touch L ↑   L rocking-step ↔, ↑, or ↓   ..... 1, 2                      3                      4, 5, 6	6
43-45	Touch L ←   touch L ↑   L rocking-step ↔, ↑, or ↓   ..... 1, 2                      3                      4, 5, 6	6
46-48	Touch L ↑   touch L ←   L rocking-step ↔, ↑, or ↓   ..... 1, 2                      3                      4, 5, 6	6
49-51	Touch L ←   touch L ↓   L rocking-step ↔, ↑, or ↓   ..... 1, 2                      3                      4, 5, 6	6
52-54	Touch L ↓   touch L ←   L rocking-step ↔, ↑, or ↓   ..... 1, 2                      3                      4, 5, 6	6
55-57	✓ L knee ↑   — L knee ↑   touch L ↑   L rocking-step ↔, ↑, or ↓   ..... 1                      2                      3                      4, 5, 6	6
58-60	/ L leg ↑, ✓ & — R knee   touch L ↑   L rocking-step ↔, ↑, or ↓   ..... 1, 2                      3                      4, 5, 6	6
61-63	Touch L 5th, ✓ & — knees   L rocking-step ↔, ↑, or ↓   ..... 1, 2, 3                      4, 5, 6	6
64-66	Touch L 5th, ✓ & — knees   touch L ↑   L rocking-step ↔, ↑, or ↓   ..... 1, 2                      3                      4, 5, 6	6
67, 68	Touch L 5th, ✓ & — knees   touch L ←   L rocking-step ↑ or ↓   ..... 1, 2                      3                      4, 5, 6	6
*69	Step L ←   touch R 5th, ✓ & — knees   R rocking-step →   ..... 1, 2                      3                      4, 5, 6	6

\* See Key, special note c, page 9.

## ROCKING-STEP

Number	Counts
*70, 71	6
Step L ↑   touch R 5th, √ & — knees   R rocking-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1, 2</span> <span>3</span> <span>4, 5, 6</span> </div>	
*72, 73	6
Step L ↓   touch R 5th, √ & — knees   R rocking-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1, 2</span> <span>3</span> <span>4, 5, 6</span> </div>	
*74	6
Step L ←   touch R ↑   R rocking-step →   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1, 2</span> <span>3</span> <span>4, 5, 6</span> </div>	
*75, 76	6
Step L ↑   touch R ↑   R rocking-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1, 2</span> <span>3</span> <span>4, 5, 6</span> </div>	
*77, 78	6
Step L ↓   touch R ↑   R rocking-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1, 2</span> <span>3</span> <span>4, 5, 6</span> </div>	
79	6
Hop R, touch L 6th, √ knees   hop R, — L leg ↙   L rocking-step ←   and with $\text{Ⓢ}$ 45° L on 1-3, and return on 4-6. .... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1, 2</span> <span>3</span> <span>4, 5, 6</span> </div>	
80, 81	6
Hop R, touch L 6th, √ knees   hop R, — L leg ↙   L rocking-step ↑ or ↓   and with $\text{Ⓢ}$ 180° L on 1-3. .... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1, 2</span> <span>3</span> <span>4, 5, 6</span> </div>	
82	6
Hop R, / L leg ↙   hop R, touch L 6th   L rocking-step ↑   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1, 2</span> <span>3</span> <span>4, 5, 6</span> </div>	
83-85	6
Hop R, √ L 6th / <sup>d</sup>   hop R, √ L 5th / <sup>d</sup>   L rocking-step ←, ↑, or ↓   and with $\text{Ⓢ}$ 180° L on 1-3. .... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1, 2</span> <span>3</span> <span>4, 5, 6</span> </div>	
86-88	6
Hop R, √ L 5th / <sup>d</sup>   hop R, √ L 6th / <sup>d</sup>   L rocking-step ←, ↑, or ↓   and with $\text{Ⓢ}$ 180° L on 1-3. .... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1, 2</span> <span>3</span> <span>4, 5, 6</span> </div>	

Numbers 69-88 inclusive may be done repeating both the variation and the foundation with change of feet,† doubling the number of counts. When numbers 69-73 inclusive are done with repetition,  $\text{Ⓢ}$  45° R may be done on 1-3 and return and  $\text{Ⓢ}$  45° L on the repetition of 1-3. When numbers 80, 81, and 83-88 inclusive are done with repetition, omit  $\text{Ⓢ}$  altogether.

† See Key, special note b, page 9.      \* See Key, special note c, page 9.



# ROCKING-STEP

Number		Counts
89-91	Leap L ←   leap R →   L rocking-step ↔ ↑, or ↓	6
	1, 2                      3                      4, 5, 6	
92-94	Slide L ←   cut R   L rocking-step ↔ ↑, or ↓	6
	1, 2                      3                      4, 5, 6	
95, 96	Slide L ↑   cut R   L rocking-step ← or ↑	6
	1, 2                      3                      4, 5, 6	
97, 98	Slide L ↓   cut R   L rocking-step ← or ↓	6
	1, 2                      3                      4, 5, 6	
99, 100	Step L ←   / R leg ↑   hop L   R rocking-step → (90° L or R   repeat 1-6   repeat 1-6   repeat 1-6   (90° again 90° L or R	24
	1                      2, 3                      3                      4, 5, 6                      7-12                      13-18                      19-24	
	R on 10-12, on 16-18, and on 22-24, completing L or R □ in 24 counts.	
	Numbers 14, 18, and 22 may be done on L or R □ with (90° 90° L or R on the R rocking-step →, as in numbers 99, 100, in each case completing L or R □ in 24 counts. All the above [8] may be done repeating both the variation and the foundation with change of feet. In this case (90° 90° L or R on each rocking-step will complete the L or R □ in 24 counts, for example:	
101, 102	Step L ←   / L leg ↑   hop L   step R →   / R leg ↑   hop R   L rocking-step ← (90° 90° L or R	
	1                      2, 3                      3                      4                      5, 6                      6                      7, 8, 9	
	R rocking-step → (90° again 90° L or R   repeat 1-6   repeat 7-12	24
	10, 11, 12                      13-18                      19-24	



# **THE SWING-STEP**

## **REMARKS**

More than any other, the Swing-Step emphasizes the æsthetic value of the three-count steps. If done with a slight swaying of the body, the beauty of the movement is increased.

For the explanation of one movement made to more than one count, as in the variation of number 11 and others, see Key, page 9, bracketed space.

For suitable music, see Change-Step, remarks, page 65.



# SWING-STEP

TEMPO II.

Number					Counts
1	Step L ←	touch R ↑, / L heel \	L heel	This is the front L swing-step ← .....	3
	1	2	3		
2	Step L ↑	touch R ↑, / L heel \	L heel	This is the front L swing-step ↑ .....	3
	1	2	3		
3	Step L ↓	touch R ↑, / L heel \	L heel	This is the front L swing-step ↓ .....	3
	1	2	3		
4	Step L ↖	touch R ↑, / L heel \	L heel	and with 45° L on 1.....	3
	1	2	3		
5	Step L ↗	touch R ↑, / L heel \	L heel	and with 45° R on 1.....	3
	1	2	3		
6	Step L ←	touch R ↓, / L heel \	L heel	This is the rear L swing-step ← .....	3
	1	2	3		
7	Step L ↑	touch R ↓, / L heel \	L heel	This is the rear L swing-step ↑ .....	3
	1	2	3		
8	Step L ↓	touch R ↓, / L heel \	L heel	This is the rear L swing-step ↓ .....	3
	1	2	3		
9	Step L ↖	touch R ↓, / L heel \	L heel	and with 45° L on 1.....	3
	1	2	3		
10	Step L ↗	touch R ↓, / L heel \	L heel	and with 45° R on 1.....	3
	1	2	3		
*11, 12	Step L ←	/ R leg ↑	hop L	front or rear R swing-step → .....	6
	1	2, 3	3	4, 5, 6	

\* See Key, special note c, page 9.

## SWING-STEP

Number		Counts
*13-16	Step L ↑ / R leg ↑   hop L   front or rear R swing-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span> <span>2, 3</span> <span>3</span> <span>4, 5, 6</span> </div>	6
*17-20	Step L ↓ / R leg ↑   hop L   front or rear R swing-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span> <span>2, 3</span> <span>3</span> <span>4, 5, 6</span> </div>	6
*21, 22	Step L ← / R leg ↓   hop L   front or rear R swing-step →   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span> <span>2, 3</span> <span>3</span> <span>4, 5, 6</span> </div>	6
*23-25	Step L ↑ / R leg ↓   hop L   front R swing-step ↑, or rear R swing-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span> <span>2, 3</span> <span>3</span> <span>4, 5, 6</span> </div>	6
*26-29	Step L ↓ / R leg ↓   hop L   front or rear R swing-step ↑ or ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1</span> <span>2, 3</span> <span>3</span> <span>4, 5, 6</span> </div>	6
30-35	Hop R, / L leg ↑   hop R, / L leg ↓   front or rear L swing-step ←, ↑, or ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1, 2</span> <span>3</span> <span>4, 5, 6</span> </div>	6
36-41	Hop R, / L leg ↓   hop R, / L leg ↑   front or rear L swing-step ←, ↑, or ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1, 2</span> <span>3</span> <span>4, 5, 6</span> </div>	6
42-47	Hop R, √ L knee ↑   hop R, — L knee ↑   front or rear L swing-step ←, ↑, or ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1, 2</span> <span>3</span> <span>4, 5, 6</span> </div>	6
48-53	Hop R, / L leg ↑   hop R, √ L knee ↑   front or rear L swing-step ←, ↑, or ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1, 2</span> <span>3</span> <span>4, 5, 6</span> </div>	6
54-59	Hop R, / L leg ↑   hop R, √ & — L knee ↑   front or rear L swing-step ←, ↑, or ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1, 2</span> <span>3</span> <span>4, 5, 6</span> </div>	6
60-65	Hop R, / L leg ↓   hop R, √ & — L knee ↓   front or rear L swing-step ←, ↑, or ↓   ..... <div style="display: flex; justify-content: space-around; width: 100%;"> <span>1, 2</span> <span>3</span> <span>4, 5, 6</span> </div>	6

Numbers 42-65 inclusive may be done with (32) 180° L on 1, 2, 3. Numbers 11-65 inclusive may be done repeating both the variation and the foundation with change of feet,† doubling the number of counts. When numbers 42-65 inclusive are done with repetition omit (32) altogether.

† See Key, special note b, page 9.      \* See Key, special note c, page 9.

# SWING-STEP

Number		Counts
66-71	Hop R, / L leg ↑   hop R, √ & — L knee ↑   cut L, / R leg ↓   hop L, √ & — R knee ↓   <div> <div>1, 2</div> <div>3</div> <div>4, 5</div> <div>6</div> </div> front or rear R swing-step →, ↑, or ↓   front or rear L swing-step in corresponding direction ←, ↑, or ↓   .....	12
72, 73	Slide L ↖   cut R, / L leg high ↖   hop R, √ L knee ↖   front or rear L swing-step ←   <div> <div>7, 8, 9</div> <div>10, 11, 12</div> </div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4, 5, 6</div> </div>	6
74-79	Touch L ↑   front or rear L swing-step ←, ↑, or ↓   .....	6
80-82	Touch L ↓   front L swing-step ←, ↑, or ↓   .....	6
83-86	Touch L ←   front or rear L swing-step ↑ or ↓   .....	6
87-92	Touch L ↑   touch L ↓   front or rear L swing-step ←, ↑, or ↓   .....	6
93-98	Touch L ↓   touch L ↑   front or rear L swing-step ←, ↑, or ↓   .....	6
99-104	Touch L ←   touch L ↑   front or rear L swing-step ←, ↑, or ↓   .....	6
105-110	Touch L ↑   touch L ←   front or rear L swing-step ←, ↑, or ↓   .....	6
111-116	Touch L ←   touch L ↓   front or rear L swing-step ←, ↑, or ↓   .....	6
117-122	Touch L ↓   touch L ←   front or rear L swing-step ←, ↑, or ↓   .....	6
123-128	√ L knee ↑   — L knee ↑   touch L ↑   front or rear L swing-step ←, ↑, or ↓   .....	6

## SWING-STEP

Number	Counts
129-134	6
<div> <div>L leg ↑, √ &amp; — R knee</div> <div>touch L ↑</div> <div>front or rear L swing-step ←, ↑, or ↓</div> </div>	
<div> <div>1, 2</div> <div>3</div> <div>4, 5, 6</div> </div>	
135-137	6
<div> <div>Touch L 5th, √ &amp; — knees</div> <div>front L swing-step ←, ↑, or ↓</div> </div>	
<div> <div>1, 2, 3</div> <div>4, 5, 6</div> </div>	
138-143	6
<div> <div>Touch L 5th, √ &amp; — knees</div> <div>touch L ↑</div> <div>front or rear L swing-step ←, ↑, or ↓</div> </div>	
<div> <div>1, 2</div> <div>3</div> <div>4, 5, 6</div> </div>	
144-147	6
<div> <div>Touch L 5th, √ &amp; — knees</div> <div>touch L ←</div> <div>front or rear L swing-step ↑ or ↓</div> </div>	
<div> <div>1, 2</div> <div>3</div> <div>4, 5, 6</div> </div>	
*148, 149	6
<div> <div>Step L ←</div> <div>touch R 5th, √ &amp; — knees</div> <div>front or rear R swing-step →</div> </div>	
<div> <div>1, 2</div> <div>3</div> <div>4, 5, 6</div> </div>	
*150-152	6
<div> <div>Step L ↑</div> <div>touch R 5th, √ &amp; — knees</div> <div>front or rear R swing-step ↑, or rear R swing-step ↓</div> </div>	
<div> <div>1, 2</div> <div>3</div> <div>4, 5, 6</div> </div>	
*153-155	6
<div> <div>Step L ↓</div> <div>touch R 5th, √ &amp; — knees</div> <div>front R swing-step ↑ or ↓, or rear R swing-step ↓</div> </div>	
<div> <div>1, 2</div> <div>3</div> <div>4, 5, 6</div> </div>	
156, 157	6
<div> <div>Hop R, touch L 6th, √ knees</div> <div>hop R, — L leg ↖</div> <div>front or rear L swing-step ←</div> <div>and with 32 45° L on 1, 2, 3 and</div> </div>	
<div> <div>1, 2</div> <div>3</div> <div>4, 5, 6</div> </div>	
return on 4, 5, 6.	
158-161	6
<div> <div>Hop R, touch L 6th, √ knees</div> <div>hop R, — L leg ↖</div> <div>front or rear L swing-step ↑ or ↓</div> <div>and with 32 180° L on 1, 2, 3. ....</div> </div>	
<div> <div>1, 2</div> <div>3</div> <div>4, 5, 6</div> </div>	
162-167	6
<div> <div>Hop R, / L leg ↖</div> <div>hop R, touch L 6th</div> <div>front or rear L swing-step ←, ↑, or ↓</div> </div>	
<div> <div>1, 2</div> <div>3</div> <div>4, 5, 6</div> </div>	
168-173	6
<div> <div>Hop R, √ L 6th /d</div> <div>hop R, √ L 5th /d</div> <div>front or rear L swing-step ←, ↑, or ↓</div> <div>and with 32 180° L on 1, 2, 3. ....</div> </div>	
<div> <div>1, 2</div> <div>3</div> <div>4, 5, 6</div> </div>	

\* See Key, special note c. page o.



# SWING-STEP

Number		Counts
174-179	<div> <div>Hop R, <math>\sqrt{\text{L 5th}} \nearrow^d</math>   hop R, <math>\sqrt{\text{L 6th}} \nearrow^d</math>   front or rear L swing-step <math>\leftarrow</math>, <math>\uparrow</math>, or <math>\downarrow</math>   and with <math>\text{all } 180^\circ \text{ L on 1, 2, 3} \dots\dots</math> </div> <div> <div>1, 2                      3                      4, 5, 6</div> <p>Numbers 148-179 inclusive may be done repeating both the variation and the foundation with change of feet,<sup>†</sup> doubling the number of counts. When numbers 148-155 inclusive are done with repetition, <math>\text{all } 45^\circ \text{ R}</math> may be done on 1, 2, 3 and return and <math>\text{all } 45^\circ \text{ L}</math> on the repetition of 1, 2, 3. When numbers 158-161 inclusive and numbers 168-179 inclusive are done with repetition, omit <math>\text{all}</math> altogether.</p> </div> </div>	6
180-185	<div> <div>Leap L <math>\leftarrow</math>   leap R <math>\rightarrow</math>   front or rear L swing-step <math>\leftarrow</math>, <math>\uparrow</math>, or <math>\downarrow</math>   <math>\dots\dots</math> </div> <div> <div>1, 2                      3                      4, 5, 6</div> </div> </div>	6
186-191	<div> <div>Slide L <math>\leftarrow</math>   cut R   front or rear L swing-step <math>\leftarrow</math>, <math>\uparrow</math>, or <math>\downarrow</math>   <math>\dots\dots</math> </div> <div> <div>1, 2                      3                      4, 5, 6</div> </div> </div>	6
192-197	<div> <div>Slide L <math>\uparrow</math>   cut R   front or rear L swing-step <math>\leftarrow</math>, <math>\uparrow</math>, or <math>\downarrow</math>   <math>\dots\dots</math> </div> <div> <div>1, 2                      3                      4, 5, 6</div> </div> </div>	6
198-203	<div> <div>Slide L <math>\downarrow</math>   cut R   front or rear L swing-step <math>\leftarrow</math>, <math>\uparrow</math>, or <math>\downarrow</math>   <math>\dots\dots</math> </div> <div> <div>1, 2                      3                      4, 5, 6</div> </div> </div>	6
204-207	<div> <div>Step L <math>\leftarrow</math>   <math>\nearrow</math> R leg <math>\uparrow</math>   hop L   front or rear R swing-step <math>\rightarrow</math>   <math>\text{all } 90^\circ \text{ L or R on 1-3}</math>   repeat 1-6   repeat 1-6   repeat 1-6   <math>\dots\dots</math> </div> <div> <div>1                      2, 3                      3                      4, 5, 6                      7-12                      13-18                      19-24</div> <p><math>\text{all}</math> again <math>90^\circ \text{ L or R on 7-9, on 13-15, and on 19-21, completing L or R } \square \text{ in 24 counts.}</math></p> </div> </div>	24
208-211	<div> <div>Hop R, touch L 6th, <math>\sqrt{\text{knees}}</math>   hop R, — L leg <math>\nwarrow</math>   front or rear L swing-step <math>\leftarrow</math>   <math>\text{all } 90^\circ \text{ L or R on 1-3.}</math> </div> <div> <div>1, 2                      3                      4, 5, 6</div> <div>hop L, touch R 6th, <math>\sqrt{\text{knees}}</math>   hop L, — R leg <math>\nearrow</math>   front or rear R swing-step <math>\rightarrow</math>   <math>\text{all}</math> again <math>90^\circ \text{ L or R on 7-9}</math>   repeat 1-6</div> <div>7, 8                      9                      10, 11, 12                      13-18</div> <div>repeat 7-12   <math>\text{all}</math> again <math>90^\circ \text{ L or R on 13-15, and on 19-21, completing L or R } \square \text{ in 24 counts.} \dots\dots</math></div> </div> </div>	24
	<div> <div>19-24</div> <p>All the above <math>\square</math> may be done repeating both the variation and the foundation with change of feet,<sup>†</sup> in this case <math>\text{all } 90^\circ \text{ L or R on 1-3 and again immediately on the repetition of 1-3, also on 13-18 and again immediately on the repetition of 13-18, completing L or R } \square \text{ in 24 counts.}</math></p> </div>	

<sup>†</sup> See Key, special note b, page 9.



## THE CUT-STEP

### REMARKS

The Cut-Steps are, without doubt, much more difficult to understand than any of the preceding groups, as their formulæ cannot be as readily interpreted. Well presented by an adequate teacher, however, the execution of them is not difficult for the pupil. They show a combination of lively and graceful movement, offer training in coördination, and are always interesting and enjoyable. While being learned, Cut-Steps should always be done in place, as the attempt to move forward or backward changes the character of the formula, the *cut* often becoming a *leap*.

The accurate time for Cut-Steps is somewhat faster than Tempo I. usually indicates.

The different character of the various Cut-Step exercises makes their adaptation to one or another musical rhythm largely a matter of individual preference. The formulæ of two, four, eight, sixteen, and thirty-two counts may all be done to 4/4 caprice time, or, in many cases, to 6/8 time. The formulæ of three counts, and many of those having six, twelve, or twenty-four counts, may be adapted to spirited 3/4 mazurka time.



# CUT-STEP

**TEMPO I.**  
(See Remarks, page 91.)

Number	Starting Positions	Final Positions		Counts
1	<div> <div> L 2nd /<sup>d</sup> or L 4th ↑ /<sup>d</sup> or L 4th ↓ /<sup>d</sup> </div> <div> Cut L I </div> </div>	<div> <div>R 2nd /<sup>d</sup> or R 3rd ↓ /<sup>d</sup> or R 4th ↑ /<sup>d</sup> or R 4th ↓ /<sup>d</sup> </div> </div>	Any of these starting positions connected by a cut with any of these final positions is called the L cut-step.	1
2	L cut-step 2nd / <sup>d</sup> into 2nd / <sup>d</sup>   hop L   § and with 45° R on 1, and return on 2.....			2
	<div> <div>I</div> <div>2</div> </div>			
3	L cut-step 2nd / <sup>d</sup> into 3rd ↓ / <sup>d</sup>   hop L, / R leg →   and with 45° R on 1, and return on 2. ....			2
	<div> <div>I</div> <div>2</div> </div>			
*4	L cut-step 2nd / <sup>d</sup> into 2nd / <sup>d</sup>   R cut-step into 2nd / <sup>d</sup>   hop R   § .....			3
	<div> <div>I</div> <div>2</div> <div>3</div> </div>			
*5	L cut-step 2nd / <sup>d</sup> into 2nd / <sup>d</sup>   R cut-step into 3rd ↓ / <sup>d</sup>   hop R, / L leg ←   .....			3
	<div> <div>I</div> <div>2</div> <div>3</div> </div>			
6	L cut-step 2nd / <sup>d</sup> into 3rd ↓ / <sup>d</sup>   hop L   hop L, / R leg →   § and with 45° R on 2, 3. ....			3
	<div> <div>I</div> <div>2</div> <div>3</div> </div>			
7	L cut-step 4th ↑ / <sup>d</sup> into 4th ↑ / <sup>d</sup>   hop L   § and with 45° R on 2.....			2
	<div> <div>I</div> <div>2</div> </div>			
8	L cut-step 4th ↑ / <sup>d</sup> into 3rd ↓ / <sup>d</sup>   hop L, / R leg ↑   and with 45° R on 2. ....			2
	<div> <div>I</div> <div>2</div> </div>			
	<div> <div>§ See Key, special note a, page 9.</div> <div>* See Key, special note c, page 9.</div> </div>			

# CUT-STEP

Number		Counts
9	L cut-step 4th ↑ / <sup>d</sup> into 3rd ↓ / <sup>d</sup>   hop L   hop L, / R leg ↑   § and with 45° R on 2, 3. ....	3
	1 2 3	
*10	L cut-step 4th ↑ / <sup>d</sup> into 4th ↓ / <sup>d</sup>   hop L   R cut-step into 4th ↑ / <sup>d</sup>   hop R   § ....	4
	1 2 3 4	
*11	L cut-step 4th ↑ / <sup>d</sup> into 3rd ↓ / <sup>d</sup>   hop L, / R leg ↓   R cut-step into 3rd ↓ / <sup>d</sup>   hop R, / L leg ↑   ....	4
	1 2 3 4	
12	L cut-step 4th ↑ / <sup>d</sup> into 4th ↓ / <sup>d</sup>   hop L, / R leg ↑   and with 45° R on 2. ....	2
	1 2	
13	L cut-step 4th ↑ / <sup>d</sup> into 4th ↓ / <sup>d</sup>   R cut-step into 4th ↑ / <sup>d</sup>   L cut-step into 4th ↓ / <sup>d</sup>   hop L, / R leg ↑   and with 45° R on 3, 4. ....	4
	1 2 3 4	
14, 15	L cut-step 4th ↑ / <sup>d</sup> into 4th ↓ / <sup>d</sup>   R cut-step into 4th ↑ / <sup>d</sup>   L cut-step into 4th ↓ / <sup>d</sup>   R cut-step into 4th ↑ / <sup>d</sup>   Step L → × in front or in back of R   step R →   step L → × in front or in back of R   hop L, / R leg ↗   ....	8
	5 6 7 8	
16, 17	L cut-step 4th ↑ / <sup>d</sup> into 4th ↓ / <sup>d</sup>   hop L, / R leg ↑   R cut-step into 4th ↓ / <sup>d</sup>   hop R, / L leg ↑   step L → × in front or in back of R   step R →   step L → × in front or in back of R   hop L, / R leg ↗   and with 45° R on 1, 2, and return and 45° L on 3, 4, and return and 45° R on 7, 8. ....	8
	5 6 7 8	
*18	L cut-step 4th ↑ / <sup>d</sup> into 4th ↓ / <sup>d</sup>   R cut-step into 3rd ↓ / <sup>d</sup>   hop R, / L leg ↑   ....	3
	1 2 3	
*19	L cut-step 4th ↑ / <sup>d</sup> into 3rd ↓ / <sup>d</sup>   hop L, / R leg ↓   R cut-step into 4th ↑ / <sup>d</sup>   ....	3
	1 2 3	
20	L cut-step 4th ↑ / <sup>d</sup> into 3rd ↓ / <sup>d</sup>   hop L, / R leg ↓   hop L, / R leg ↑   ....	3
	1 2 3	

§ See Key, special note a, page 9.

\* See Key, special note c, page 9.

# CUT-STEP

Number		Counts
21	L cut-step 4th $\uparrow$ $\nearrow^d$ into 3rd $\downarrow$ $\nearrow^d$   hop L, $\nearrow$ R leg $\uparrow$   R cut-step into 3rd $\downarrow$ $\nearrow^d$   hop R, $\nearrow$ L leg $\downarrow$   $\overset{1}{\text{L cut-step into 3rd } \downarrow \nearrow^d \text{   hop L, } \nearrow \text{ R leg } \uparrow}$ $\overset{2}{\text{and with } \searrow 45^\circ \text{ R on 1-6.}}$ ..... $\overset{5}{\text{L cut-step into 3rd } \downarrow \nearrow^d \text{   hop L, } \nearrow \text{ R leg } \uparrow}$ $\overset{6}{\text{and with } \searrow 45^\circ \text{ R on 1-6.}}$ ..... $\overset{5}{\text{L cut-step into 3rd } \downarrow \nearrow^d \text{   hop L, } \nearrow \text{ R leg } \uparrow}$ $\overset{6}{\text{and with } \searrow 45^\circ \text{ R on 1-6.}}$ .....	6
22	L cut-step and $\nearrow^d$ into 4th $\uparrow$ $\nearrow^d$   hop L   R cut-step into 4th $\downarrow$ $\nearrow^d$   hop R   L cut-step into and $\nearrow^d$   hop L   § ..... $\overset{1}{\text{L cut-step and } \nearrow^d \text{ into 4th } \uparrow \nearrow^d \text{   hop L   R cut-step into 4th } \downarrow \nearrow^d \text{   hop R   L cut-step into and } \nearrow^d \text{   hop L   §}}$ .....	6
23	L cut-step and $\nearrow^d$ into 3rd $\downarrow$ $\nearrow^d$   hop L, $\nearrow$ R leg $\uparrow$   R cut-step into 3rd $\downarrow$ $\nearrow^d$   hop R, $\nearrow$ L leg $\downarrow$   $\overset{1}{\text{L cut-step into 3rd } \downarrow \nearrow^d \text{   hop L, } \nearrow \text{ R leg } \uparrow}$ $\overset{2}{\text{R cut-step into 3rd } \downarrow \nearrow^d \text{   hop R, } \nearrow \text{ L leg } \downarrow}$ ..... $\overset{5}{\text{L cut-step into 3rd } \downarrow \nearrow^d \text{   hop L, } \nearrow \text{ R leg } \uparrow}$ $\overset{6}{\text{R cut-step into 3rd } \downarrow \nearrow^d \text{   hop R, } \nearrow \text{ L leg } \downarrow}$ .....	6
24	L cut-step 4th $\uparrow$ $\nearrow^d$ into 4th $\downarrow$ $\nearrow^d$   hop L, $\nearrow$ R leg $\rightarrow$   hop L, $\nearrow$ R leg $\uparrow$   ..... $\overset{1}{\text{L cut-step 4th } \uparrow \nearrow^d \text{ into 4th } \downarrow \nearrow^d \text{   hop L, } \nearrow \text{ R leg } \rightarrow \text{   hop L, } \nearrow \text{ R leg } \uparrow}$ .....	3
25	Hop R, $\vee$ L knee $\uparrow$   L cut-step into 3rd $\downarrow$ $\nearrow^d$   and with $\searrow 45^\circ$ L on 1, and return on 2. .... $\overset{1}{\text{Hop R, } \vee \text{ L knee } \uparrow \text{   L cut-step into 3rd } \downarrow \nearrow^d \text{   and with } \searrow 45^\circ \text{ L on 1, and return on 2.}}$ .....	2
26	Hop R, $\vee$ L knee $\uparrow$   L cut-step into 3rd $\downarrow$ $\nearrow^d$   hop L   § and with $\searrow 45^\circ$ L on 1, and return on 2, 3. .... $\overset{1}{\text{Hop R, } \vee \text{ L knee } \uparrow \text{   L cut-step into 3rd } \downarrow \nearrow^d \text{   hop L   § and with } \searrow 45^\circ \text{ L on 1, and return on 2, 3.}}$ .....	3
27	Hop R, $\vee$ L knee $\uparrow$   hop R, — L knee $\uparrow$   L cut-step into 3rd $\downarrow$ $\nearrow^d$   and with $\searrow 45^\circ$ L on 1, 2, and return on 3. .... $\overset{1}{\text{Hop R, } \vee \text{ L knee } \uparrow \text{   hop R, — L knee } \uparrow \text{   L cut-step into 3rd } \downarrow \nearrow^d \text{   and with } \searrow 45^\circ \text{ L on 1, 2, and return on 3.}}$ .....	3
28	Hop R, $\vee$ L knee $\uparrow$   hop R, — L knee $\uparrow$   L cut-step into 3rd $\downarrow$ $\nearrow^d$   hop L   § and with $\searrow 45^\circ$ L on 1, 2, and return on 3, 4. .... $\overset{1}{\text{Hop R, } \vee \text{ L knee } \uparrow \text{   hop R, — L knee } \uparrow \text{   L cut-step into 3rd } \downarrow \nearrow^d \text{   hop L   § and with } \searrow 45^\circ \text{ L on 1, 2, and return on 3, 4.}}$ .....	4
29	Hop R, $\nearrow$ L leg $\uparrow$   hop R, $\vee$ L knee $\uparrow$   L cut-step into 3rd $\downarrow$ $\nearrow^d$   and with $\searrow 45^\circ$ L on 1, 2, and return on 3. .... $\overset{1}{\text{Hop R, } \nearrow \text{ L leg } \uparrow \text{   hop R, } \vee \text{ L knee } \uparrow \text{   L cut-step into 3rd } \downarrow \nearrow^d \text{   and with } \searrow 45^\circ \text{ L on 1, 2, and return on 3.}}$ .....	3
30	Hop R, $\nearrow$ L leg $\uparrow$   hop R, $\vee$ L knee $\uparrow$   L cut-step into 3rd $\downarrow$ $\nearrow^d$   hop L   § and with $\searrow 45^\circ$ L on 1, 2, and return on 3, 4. .... $\overset{1}{\text{Hop R, } \nearrow \text{ L leg } \uparrow \text{   hop R, } \vee \text{ L knee } \uparrow \text{   L cut-step into 3rd } \downarrow \nearrow^d \text{   hop L   § and with } \searrow 45^\circ \text{ L on 1, 2, and return on 3, 4.}}$ .....	4
31	Hop R, $\nearrow$ L leg $\uparrow$   hop R, $\vee$ & — L knee $\uparrow$   L cut-step into 3rd $\downarrow$ $\nearrow^d$   and with $\searrow 45^\circ$ L on 1, 2, and return on 3. .... $\overset{1}{\text{Hop R, } \nearrow \text{ L leg } \uparrow \text{   hop R, } \vee \text{ \& — L knee } \uparrow \text{   L cut-step into 3rd } \downarrow \nearrow^d \text{   and with } \searrow 45^\circ \text{ L on 1, 2, and return on 3.}}$ .....	3

§ See Key, special note a, page 9.

# CUT-STEP

Number		Counts
32	Hop R, / L leg ↑   hop R, √ & — L knee ↑   L cut-step into 3rd ↓ / <sup>d</sup>   hop L   § and with 45° L on 1, 2, and return on 3, 4.	4
	1 2 3 4	
33	Hop R, / L leg ↑   hop R, √ & — L knee ↑   L cut-step into 4th ↓ / <sup>d</sup>   hop L, √ & — R knee ↓   .....	4
	1 2 3 4	
34, 35	Hop R, touch L ← or ↓   L cut-step into 3rd ↓ / <sup>d</sup>   .....	2
	1 2	
36	Hop R, touch L ↑   L cut-step into 3rd ↓ / <sup>d</sup>   and with 45° L on 1, and return on 2. ....	2
	1 2	
37	Hop R, touch L ↑   L cut-step into 4th ↓ / <sup>d</sup>   .....	2
	1 2	
38	Hop R, touch L ↓   L cut-step into 4th ↑ / <sup>d</sup>   .....	2
	1 2	
39, 40	Hop R, touch L ↑ or ↓   hop R, touch L in reverse direction ↓ or ↑   L cut-step into 3rd ↓ / <sup>d</sup>   and with 45° L on 1, 2, and return on 3.	3
	1 2 3	
41	Hop R, touch L heel ↑   hop R, touch L toe ↓   L cut-step into 3rd ↓ / <sup>d</sup>   and with 45° L on 1, 2, and return on 3. ....	3
	1 2 3	
42, 43	Hop R, touch L heel ←   hop R, touch L toe ↑ or ↓   L cut-step into 3rd ↓ / <sup>d</sup>   and with 45° L on 1, 2, and return on 3.	3
	1 2 3	
44	Hop R, / L leg ↑   hop R, touch L ↑   L cut-step into 3rd ↓ / <sup>d</sup>   and with 45° L on 1, and return on 3. ....	3
	1 2 3	
45	Hop R, touch L ↑   hop R, / L leg ↑   L cut-step into 3rd ↓ / <sup>d</sup>   and with 45° L on 1, and return on 3. ....	3
	1 2 3	

§ See Key, special note a, page 9.



# CUT-STEP

Number		Counts
46	Hop R, touch L ←   L cut-step, touch R 5th   ..... <div> <div>1</div> <div>2</div> </div>	2
47	Touch L 5th, √ & — knees   step L ←   touch R 5th, √ & — knees   step R →   L cut-step into and / <sup>d</sup>   <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> </div> R cut-step into and / <sup>d</sup>   L cut-step into 3rd ↓ / <sup>d</sup>   hop L, / R leg →   and with 45° R on 7, 8. .... <div> <div>6</div> <div>7</div> <div>8</div> </div>	8
*48	Touch L 5th, √ & — knees   step L ←   touch R 5th, √ & — knees   step R →   L cut-step into and / <sup>d</sup>   <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> </div> hop L, √ R 5th / <sup>d</sup>   R cut-step into and / <sup>d</sup>   hop R, √ L 5th / <sup>d</sup>   ..... <div> <div>6</div> <div>7</div> <div>8</div> </div>	8
49	Step L ←   touch R ↑   step R →   touch L ↑   L cut-step into 4th ↓ / <sup>d</sup>   R cut-step into 4th ↑ / <sup>d</sup>   L cut-step into 4th ↓ / <sup>d</sup>   <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> </div> hop L, / R leg ↑   and with 45° R on 1, 2, and return and 45° L on 3, 4, and return on 5, 6, 7, and 45° R on 8. <div> <div>8</div> </div>	8
50	Hop R, touch L 6th   hop R, — L leg ↖   L cut-step into 3rd ↓ / <sup>d</sup>   and with 45° L on 1, 2, and return on 3. .... <div> <div>1</div> <div>2</div> <div>3</div> </div>	3
51	Hop R, touch L 6th   hop R, — L leg ↖   L cut-step into 3rd ↓ / <sup>d</sup>   hop L, / R leg ↑   and with 45° R on 3, 4. .... <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> </div>	4
52	Hop R, touch L 6th   hop R, — L leg ↖   L cut-step into 4th ↓ / <sup>d</sup>   hop L, √ R 5th / <sup>d</sup>   and with 45° L on 1, 2, and <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> </div> return on 3, 4.	4
53	Hop R, touch L 6th   hop R, — L leg ↖   hop R, touch L 6th   hop R, — L leg ↖   L cut-step into 4th ↓ / <sup>d</sup>   <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> </div> R cut-step into 4th ↑ / <sup>d</sup>   L cut-step into 4th ↓ / <sup>d</sup>   hop L, / R leg ↑   and with 45° R on 7, 8, or 180° L on 1-4. .... <div> <div>6</div> <div>7</div> <div>8</div> </div>	8

\* See Key, special note c, page 9.

# CUT-STEP

Number		Counts
54	Hop R, touch L 6th   hop R, — L leg ↘   cut L, touch R 6th   hop L, — R leg ↗   R cut-step into 4th ↓ /d   <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> </div> hop R, / L leg ↑   L cut-step into 4th ↓ /d   hop L, / R leg ↑   and with 45° L on 5, 6 and return and 45° R on 7, 8. <div> <div>6</div> <div>7</div> <div>8</div> </div>	8
55	Start with L ↘ /d   L cut-step, touch R ↓   hop L, touch R heel →   hop L, touch R 6th   hop L, — R leg ↗   and with <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> </div> 45° R on 2, 3, 4.	4
56	Start with L ↘ /d   L cut-step, touch R → toeing in   hop L, touch R heel →   hop L, touch R 5th   hop L, / R leg ↗   <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> </div>	4
57	Hop R, touch L heel ↘   hop R, touch L 5th   hop R, / L leg ↘   L cut-step into 3rd ↓ /d   ..... <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> </div>	4
58	Hop R, √ L 6th /d   hop R, √ L 5th /d   hop R, √ L 6th /d   hop R, √ L 5th /d   hop R, — L leg ←   <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> </div> L cut-step into and /d   R cut-step into and /d   L cut-step into and /d   and with 180° L on 1-4..... <div> <div>6</div> <div>7</div> <div>8</div> </div>	8
59	L cut-step 4th ↑ /d into 4th ↓ /d   hop L, √ R 6th /d, — R leg ↑   ..... <div> <div>1</div> <div>2</div> </div>	2
60	L cut-step 4th ↑ /d into 4th ↓ /d   hop L   hop L, √ R 6th /d, — R leg ↑   § and with 45° on 2, 3..... <div> <div>1</div> <div>2</div> <div>3</div> </div>	3
61	Leap L ←   leap R →   leap L ←   leap R →   hop R, / L leg ↑   L cut-step into 4th ↓ /d   R cut-step into 4th ↑ /d   <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> </div> L cut-step into 4th ↓ /d   ..... <div> <div>8</div> </div>	8
With the exception of numbers 14, 15, 16, and 17, the above cut-steps may be done moving continuously ↑ or ↓ (See Remarks, page 91.)      § See Key, special note a, page 9.		

# CUT-STEP

Number		Counts
62	Start with R and $\nearrow^d$   cut R, slide L $\leftarrow$   R cut-step into and $\nearrow^d$   ..... <div style="text-align: center;"> <span style="margin-right: 100px;">1</span> <span>2</span> </div>	2
63	Start with R and $\nearrow^d$   cut R, slide L $\leftarrow$   cut R, slide L $\leftarrow$   cut R, slide L $\leftarrow$   R cut-step into and $\nearrow^d$   ..... <div style="text-align: center;"> <span style="margin-right: 30px;">1</span> <span style="margin-right: 30px;">2</span> <span style="margin-right: 30px;">3</span> <span>4</span> </div>	4
64	Start with R and $\nearrow^d$   cut R, slide L $\leftarrow$   cut R, slide L $\leftarrow$   cut R, slide L $\leftarrow$   R cut-step into and $\nearrow^d$   ..... <div style="text-align: center;"> <span style="margin-right: 30px;">1</span> <span style="margin-right: 30px;">2</span> <span style="margin-right: 30px;">3</span> <span>4</span> </div> L cut-step into and $\nearrow^d$   R cut-step into and $\nearrow^d$   ..... <div style="text-align: center;"> <span style="margin-right: 100px;">5</span> <span>6</span> </div>	6
65	Start with R and $\nearrow^d$   cut R, slide L $\leftarrow$   cut R, slide L $\leftarrow$   cut R, slide L $\leftarrow$   R cut-step into and $\nearrow^d$   cut L, slide R $\rightarrow$ ..... <div style="text-align: center;"> <span style="margin-right: 30px;">1</span> <span style="margin-right: 30px;">2</span> <span style="margin-right: 30px;">3</span> <span style="margin-right: 30px;">4</span> <span>5</span> </div> L cut-step into and $\nearrow^d$   cut R, slide L $\leftarrow$   R cut-step into and $\nearrow^d$   ..... <div style="text-align: center;"> <span style="margin-right: 30px;">6</span> <span style="margin-right: 30px;">7</span> <span>8</span> </div>	8
<p>In the following numbers, 66-73 inclusive, the directions shown in the 1st count of each step, should hold throughout the rest of the step, i. e., when 4th <math>\uparrow \nearrow^d</math> is used, slides and cuts should also be <math>\uparrow</math>, and so forth, except in count 5 of numbers 70, 71, where the direction meant is obvious.</p>		
66, 67	Start with R 4th $\uparrow \nearrow^d$ or 4th $\downarrow \nearrow^d$   cut R, slide L $\uparrow$ or $\downarrow$   R cut-step into 4th $\uparrow \nearrow^d$ or 4th $\downarrow \nearrow^d$   ..... <div style="text-align: center;"> <span style="margin-right: 100px;">1</span> <span>2</span> </div>	2
68, 69	Start with R 4th $\uparrow \nearrow^d$ or 4th $\downarrow \nearrow^d$   cut R, slide L $\uparrow$ or $\downarrow$   cut R, slide L $\uparrow$ or $\downarrow$   cut R, slide L $\uparrow$ or $\downarrow$   ..... <div style="text-align: center;"> <span style="margin-right: 30px;">1</span> <span style="margin-right: 30px;">2</span> <span>3</span> </div> R cut-step into 4th $\uparrow \nearrow^d$ or 4th $\downarrow \nearrow^d$   ..... <div style="text-align: center;"> <span style="margin-right: 100px;">4</span> </div>	4
70, 71	Start with R 4th $\uparrow \nearrow^d$ or 4th $\downarrow \nearrow^d$   cut R, slide L $\uparrow$ or $\downarrow$   cut R, slide L $\uparrow$ or $\downarrow$   cut R, slide L $\uparrow$ or $\downarrow$   ..... <div style="text-align: center;"> <span style="margin-right: 30px;">1</span> <span style="margin-right: 30px;">2</span> <span>3</span> </div> R cut-step into 4th $\uparrow \nearrow^d$ or 4th $\downarrow \nearrow^d$   L cut-step into 4th $\downarrow \nearrow^d$ or 4th $\uparrow \nearrow^d$   R cut-step into 4th $\uparrow \nearrow^d$ or 4th $\downarrow \nearrow^d$   ..... <div style="text-align: center;"> <span style="margin-right: 30px;">4</span> <span style="margin-right: 30px;">5</span> <span>6</span> </div>	6

# CUT-STEP

Number		Counts
72, 73	<p>Start with R 4th <math>\uparrow / d</math> or 4th <math>\downarrow / d</math>   cut R, slide L <math>\uparrow</math> or <math>\downarrow</math>   cut R, slide L <math>\uparrow</math> or <math>\downarrow</math>   cut R, slide L <math>\uparrow</math> or <math>\downarrow</math>  </p> <p>R cut-step into 4th <math>\uparrow / d</math> or 4th <math>\downarrow / d</math>   cut L, slide R <math>\uparrow</math> or <math>\downarrow</math>   L cut-step into 4th <math>\uparrow / d</math> or 4th <math>\downarrow / d</math>   cut R, slide L <math>\uparrow</math> or <math>\downarrow</math>  </p> <p>R cut-step into 4th <math>\uparrow / d</math> or 4th <math>\downarrow / d</math>   .....  </p>	8
74	<p>Start with R 4th <math>\uparrow / d</math>   cut R, slide L <math>\leftarrow</math>   R cut-step into and <math>/ d</math>   cut L, slide R <math>\rightarrow</math>   L cut-step into and <math>/ d</math>  </p> <p>R cut-step into 3rd <math>\downarrow / d</math>   hop R, <math>/</math> L leg <math>\uparrow</math>   .....  </p>	6
75	<p>Start with L 4th <math>\uparrow / d</math>   hop R, slide L <math>\leftarrow</math>   cut R, slide L <math>\leftarrow</math>   cut R, slide L <math>\leftarrow</math>   R cut-step into and <math>/ d</math>  </p> <p>L cut-step into 4th <math>\downarrow / d</math>   hop L, <math>/</math> R leg <math>\uparrow</math>   .....  </p>	6
76, 77	<p>L cut-step 4th <math>\uparrow / d</math> into 3rd <math>\downarrow / d</math>   hop L   hop L, <math>/</math> R leg <math>\uparrow</math>   § <math>\text{see } 90^\circ</math> L or R on 1, 2   R cut-step into 3rd <math>\downarrow / d</math>   hop R  </p> <p>hop R, <math>/</math> L leg <math>\uparrow</math>   § <math>\text{see } 90^\circ</math> L or R on 4, 5   repeat 1-3   repeat 4-6   § <math>\text{see } 90^\circ</math> L or R on 7, 8, and on 10, 11,  </p> <p>6 7, 8, 9 10, 11, 12</p> <p>completing L or R <math>\square</math> in 12 counts.</p> <p>Numbers 18, 19, 20, 27, 29, 31, 39, 40, 41, 42, 43, 45, and 50 may be done on L or R <math>\square</math> like 76, 77, in each case completing L or R <math>\square</math> in 12 counts. Numbers 10, 11, 13, 28, 30, 32, 33, 51, 52, 55, 56, and 57, may be done on L or R <math>\square</math> with <math>\text{see } 90^\circ</math> L or R on 1, 2, on 5, 6, on 9, 10, and on 13, 14, in each case completing L or R <math>\square</math> in 16 counts. Number 63 may be done on L or R <math>\square</math> with <math>\text{see } 90^\circ</math> L or R on 4, on 8, on 12, and on 16, completing L or R <math>\square</math> in 16 counts. Numbers 64 and 75 may be done on L or R <math>\square</math> with <math>\text{see } 90^\circ</math> L or R on 4, 5, 6, on 10, 11, 12, on 16, 17, 18, and on 22, 23, 24, completing L or R <math>\square</math> in 24 counts. Numbers 14, 15, 16, and 17 may be done on L or R <math>\square</math> with <math>\text{see } 90^\circ</math> L or R on 1-4, on 9-12, on 17-20, and on 25-28, in each case completing L or R <math>\square</math> in 32 counts. Numbers 48, 49, 53, 54, 58, 61, and 65 may be done on L or R <math>\square</math> with <math>\text{see } 90^\circ</math> L or R on 5-8, on 13-16, on 21-24, and on 29-32, in each case completing L or R <math>\square</math> in 32 counts.</p> <p>§ See Key, special note a, page 9.</p>	12

## CUT-STEP

Number		Counts
78	<div style="display: flex; justify-content: space-between; border-bottom: 1px solid black; padding-bottom: 5px;"> <span>L cut-step 4th <math>\uparrow</math> <math>\nearrow^d</math> into 4th <math>\downarrow</math> <math>\nearrow^d</math>   hop L, <math>\nearrow</math> R leg <math>\uparrow</math>   <math>\searrow</math> 180° R on 1, 2   R cut-step into 4th <math>\downarrow</math> <math>\nearrow^d</math>   hop R, <math>\nearrow</math> L leg <math>\uparrow</math></span> <span></span> </div> <div style="display: flex; justify-content: space-between; border-bottom: 1px solid black; padding-bottom: 5px;"> <span style="text-align: center;">1</span> <span style="text-align: center;">2</span> <span style="text-align: center;">3</span> <span style="text-align: center;">4</span> </div> <div style="display: flex; justify-content: space-between; border-bottom: 1px solid black; padding-bottom: 5px;"> <span>moving <math>\uparrow</math> on 3, 4 without <math>\searrow</math>   repeat 1, 2 <math>\searrow</math> again 180° R   repeat 3, 4 moving <math>\downarrow</math> without <math>\searrow</math>   completing the figure in</span> <span>8</span> </div> <div style="display: flex; justify-content: space-between; border-bottom: 1px solid black; padding-bottom: 5px;"> <span style="text-align: center;">5, 6</span> <span style="text-align: center;">7, 8</span> </div> <p>8 counts. (The figure necessitates progression <math>\leftrightarrow</math> in a straight line.)</p> <p>The following figures progress <math>\leftrightarrow</math> in a straight line. Numbers 16, 17 may be done with <math>\searrow</math> 180° R on 1-4, and repeat with <math>\searrow</math> 180° L on 9-12, completing figure in 16 counts. Number 64 may be done with <math>\searrow</math> 180° R on 4-6, and repeat with <math>\searrow</math> again 180° R on 10-12, completing figure in 12 counts. Number 65 may be done with <math>\searrow</math> 180° R on 5-8, and repeat with <math>\searrow</math> again 180° R on 13-16, completing figure in 16 counts.</p>	



# THE MAZURKA-STEP

## REMARKS

The variety of combinations shown in Mazurka-Steps is not as great as in other groups, because many of these combinations would necessitate the constant use of the same foot. Mazurka-Steps are suitable for the work of more advanced pupils, since, in order to be of greatest value, they require a nicety of execution impossible to beginners.

The accurate time for Mazurka-Steps is somewhat faster than Tempo I. usually indicates.

This group is well adapted to  $\frac{3}{4}$  mazurka music.





# MAZURKA-STEP

TEMPO I  
(See Remarks, page 103.)

Number		Counts
*1	Slide L ←   cut R, / L leg ←   hop R, √ L 5th   This is the L mazurka-step ← .....	3
	1                      2                      3	
*2	Slide L ↖   cut R, / L leg ↖   hop R, √ L 5th   This is the L mazurka-step ↖ .....	3
	1                      2                      3	
*3	Slide L ↙   cut R, / L leg ↙   hop R, √ L 5th   This is the L mazurka-step ↙ .....	3
	1                      2                      3	
4-6	L mazurka-step ↔, ↖, or ↙   step L in place   step R in place   step L in place   .....	6
	1, 2, 3                      4                      5                      6	
7-9	L mazurka-step ↔, ↖, or ↙   L mazurka-step in same direction ↔, ↖, or ↙	
	1, 2, 3                      4, 5, 6	
	L mazurka-step in same direction ↔, ↖, or ↙   step L in place   step R in place   step L in place   .....	12
	7, 8, 9                      10                      11                      12	
10, 11	Step L ← or ↖   hop L, / R leg ↑, √ & — R knee ↑   R mazurka-step → or ↗   and with 45° R on 3. ....	6
	1, 2                      3                      4, 5, 6	
12, 13	Step L ← or ↑   hop L, / R leg ↑, √ & — R knee ↑   step R in corresponding direction → or ↑	
	1, 2                      3                      4, 5	
	hop R, / L leg ↑, √ & — L knee ↑   L mazurka-step in corresponding direction ← or ↖   step L in place   step R in place	
	6                      7, 8, 9                      10                      11	
	step L in place   and with 45° R on 3, and 45° L on 6. ....	12
	12	

\* See Key, special note c, page 9.

# MAZURKA-STEP

Number		Counts
14-16	Hop R, / L leg ↑   hop R, / L leg ↓   cut L, / R leg ↑   hop L, / R leg ↓   R mazurka-step → ↗, or ↘   <div> <div>1, 2</div> <div>3</div> <div>4, 5</div> <div>6</div> <div>7, 8, 9</div> </div> R mazurka-step in same direction → ↗, or ↘   ..... <div>10, 11, 12</div>	12
17-19	Hop R, touch L 6th, √ knees   hop R, — L leg ↖   L mazurka-step ← ↖, or ↙   <div> <div>1, 2</div> <div>3</div> <div>4, 5, 6</div> </div> L mazurka-step in same direction ← ↖, or ↙   step L in place   step R in place   step L in place   and with (22) 45° L on 3. <div> <div>7, 8, 9</div> <div>10</div> <div>11</div> <div>12</div> </div>	12
20-22	Hop R, touch L 6th, √ knees   hop R, — L leg ↖   cut L, touch R 6th, √ knees   hop L, — R leg ↗   ..... <div> <div>1, 2</div> <div>3</div> <div>4, 5</div> <div>6</div> </div> R mazurka-step → ↗, or ↘   R mazurka-step in same direction → ↗, or ↘   and with (22) 45° L on 3, and 45° R on 6. <div> <div>7, 8, 9</div> <div>10, 11, 12</div> </div>	12
23-25	Hop R, touch L 6th, √ knees   hop R, — L leg ↖   step L ↑   hop L, / R leg ↑   R mazurka-step → ↗, or ↘   <div> <div>1, 2</div> <div>3</div> <div>4, 5</div> <div>6</div> <div>7, 8, 9</div> </div> R mazurka-step in same direction → ↗, or ↘   ..... <div>10, 11, 12</div>	12
26	L mazurka-step ←   leap L ←   leap R →   L mazurka-step ←   step L in place   step R in place   step L in place   ..... <div> <div>1, 2, 3</div> <div>4, 5</div> <div>6</div> <div>7, 8, 9</div> <div>10</div> <div>11</div> <div>12</div> </div>	12
27, 28	Slide L ← or ↑   cut R, deep √ R knee   step L in same direction ← or ↑   hop L, / R leg ↑   <div> <div>1, 2</div> <div>3</div> <div>4, 5</div> <div>6</div> </div> R mazurka-step in corresponding direction → or ↗   R mazurka-step in same direction → or ↗   ..... <div> <div>7, 8, 9</div> <div>10, 11, 12</div> </div>	12
29	Slide L ↖   cut R, / L leg high ↖   hop R, √ L knee ↖   slide L ↖   cut R, / L leg high ↖   hop R, √ L knee ↖   <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> </div> Step L in place   step R in place   step L in place   R mazurka-step ↗   ..... <div> <div>7</div> <div>8</div> <div>9</div> <div>10, 11, 12</div> </div>	12

# MAZURKA-STEP

Number		Counts
30	<div> <div>L mazurka-step ←</div> <div>step L in place</div> <div>step R in place</div> <div>step L in place</div> <div>↻ 90° L or R on 4-6</div> <div>R mazurka-step →</div> </div> <div> <div>1, 2, 3</div> <div>4</div> <div>5</div> <div>6</div> <div>7, 8, 9</div> </div> <div> <div>step R in place</div> <div>step L in place</div> <div>step R in place</div> <div>↻ again 90° L or R on 10-12</div> <div>repeat 1-6</div> <div>repeat 7-12</div> <div>↻ again 90° L</div> </div> <div> <div>10</div> <div>11</div> <div>12</div> <div>13-18</div> <div>19-24</div> </div> <p>or R on 16-18, and on 22-24, completing L or R <input type="checkbox"/> in 24 counts.</p> <p>Number 10 may be done on L or R <input type="checkbox"/> with ↻ 90° L or R on 4-6, on 10-12, on 16-18, and on 22-24, as in number 30, completing L or R <input type="checkbox"/> in 24 counts. Numbers 7, 12, 14, 17, 20, 23, 26, and 27 may be done on L or R <input type="checkbox"/> with ↻ 90° L or R on 10-12, on 22-24, on 34-36, and on 46-48, in each case completing L or R <input type="checkbox"/> in 48 counts.</p>	24
31	<div> <div>L mazurka-step ←</div> <div>step L in place</div> <div>step R in place</div> <div>step L in place</div> <div>↻ 180° L on 4-6</div> <div>repeat 1-6</div> <div>↻ 180° R on 10-12,</div> </div> <div> <div>1, 2, 3</div> <div>4</div> <div>5</div> <div>6</div> <div>7-12</div> </div> <p>completing figure in 12 counts. (The figure necessitates progression ↔ in a straight line.)</p> <p>Numbers 7, 12, 18, and 26 may be done with ↻ 180° L on 10-12, and repeat with ↻ on 22-24, in each case completing figure in 24 counts. Number 29 may be done with ↻ 180° L on 7-9, and repeat with ↻ 180° R on 19-21, completing figure in 24 counts.</p>	12



## UNCLASSIFIED STEPS

### REMARKS

Out of many possibilities are selected, in this group, a few desirable combinations and a number of practical and enjoyable exercises, which offer variety, and, like other advanced work, give an opportunity for the expression of individuality. The possible developments of these Unclassified Steps in various squares and twistings are not shown here, but may be readily elaborated.

The tempo of such steps as are made by combining two foundations, for example, numbers 1, 2, 10, 11, and others, is in accordance with the tempo previously given for those foundation steps. All other steps are to be done in Tempo I., although somewhat faster than that term usually indicates.

The musical time for those steps made by combining two foundations may be ascertained by reference to the foundations in question. Other formulæ show one familiar foundation, which determines the music. The remaining steps may be done to 4/4 caprice time, or 6/8 rhythm, if preferred.



**TEMPO**  
(See Remarks, page 109.)

[ III ]

## UNCLASSIFIED STEPS

Number		Counts
12, 13	L balance-step ↑ or ↓   R balance-step in same direction ↑ or ↓   L follow-step in same direction ↑ or ↓	
	1, 2                      3, 4                      5, 6	
	R follow-step in same direction ↑ or ↓   .....	8
	7, 8	
*14, 15	L balance-step ↑ or ↓   R balance-step in same direction ↑ or ↓   L two-step in same direction ↑ or ↓	
	1, 2                      3, 4                      5, 6	
	R two-step in same direction ↑ or ↓   .....	8
	7, 8	
16, 17	L follow-step ↑ or ↓   R follow-step in same direction ↑ or ↓   L 4-count gallop-step in same direction ↑ or ↓   .....	8
	1, 2                      3, 4                      5, 6, 7, 8	
18	L two-step ↑   R two-step ↑   L cut-step into and / <sup>d</sup>   R cut-step into and / <sup>d</sup>   L cut-step into and / <sup>d</sup>   hop L, / R leg ↑	8
	1, 2              3, 4              5                  6                  7                  8	
19	L two-step ↓   R two-step ↓   L cut-step into 4th ↓ / <sup>d</sup>   R cut-step into 4th ↑ / <sup>d</sup>   L cut-step into 4th ↓ / <sup>d</sup>	
	1, 2              3, 4                  5                  6                  7	
	hop L, / R leg ↑   .....	8
	8	
*20, 21	L two-step ↑ or ↓   R two-step in same direction ↑ or ↓   L side-skip-step in same direction ↑ or ↓   .....	8
	1, 2                      3, 4                      5, 6, 7, 8	
*22-24	L two-step ↑   R two-step ↑   front, or rear, or front-and-rear L side-skip-step   L two-step ↓   R two-step ↓	
	1, 2              3, 4                      5, 6, 7, 8                  9, 10                  11, 12	
	front, or rear, or front-and-rear L skip-step   .....	16
	13, 14, 15, 16	
25	L skip-step ↑   L cut-step into and / <sup>d</sup>   R cut-step into and / <sup>d</sup>   L cut-step into and / <sup>d</sup>   hop L, / R leg ↑   .....	8
	1, 2, 3, 4                  5                  6                  7                  8	
26, 27	Slide L ← or ↑   cut R, / L leg in same direction ← or ↑   leap L in same direction ← or ↑   hop L, / R leg ↑   .....	4
	1                                  2                                  3                                  4	

\* See Key, special note c, page 9.



# UNCLASSIFIED STEPS

Number		Counts
28	L two-step ↑   R two-step ↑   slide L ↑   cut R, / L leg ↑   leap L ↑   hop L, / R leg ↑   ..... <div> <div>1, 2</div> <div>3, 4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> </div>	8
29	L skip-step ↑   slide L ↑   cut R, / L leg ↑   leap L ↑   hop L, / R leg ↑   ..... <div> <div>1, 2, 3, 4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> </div>	8
30	L cut-step 4th ↑ / <sup>d</sup> into 4th ↓ / <sup>d</sup>   hop L, / R leg ↑   R cut-step into 4th ↓ / <sup>d</sup>   hop R, / L leg ↑   slide L ↑   <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> </div> cut R, / L leg ↑   leap L ↑   hop L, / R leg ↑   ..... <div> <div>6</div> <div>7</div> <div>8</div> </div>	8
31	Slide L ↖   hop L, / R leg ↘   step R ↘, / L leg ↖   hop R, / L leg ↖, ✓ & — L knee ↖   slide L ↑   <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> </div> cut R, / L leg ↑   leap L ↑   hop L, / R leg ↑   ..... <div> <div>6</div> <div>7</div> <div>8</div> </div>	8
32, 33	Hop R, touch L 6th   hop R, — L leg ↖   hop R, touch L 6th   hop R, — L leg ↖   slide L ← or ↑   <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> </div> cut R, / L leg in same direction ← or ↑   leap L in same direction ← or ↑   hop L, / R leg ↑   ..... <div> <div>6</div> <div>7</div> <div>8</div> </div>	8
34-36	Slide L ←, ↖, or ↙   cut R, / L leg in same direction ←, ↖, or ↙   step L in same direction ←, ↖, or ↙   <div> <div>1</div> <div>2</div> <div>3</div> </div> hop L, ✓ R 5th / <sup>d</sup>   ..... <div> <div>4</div> </div>	4
37	Leap L ←   leap R →   leap L ←   leap R →   slide L ←   cut R, / L leg ←   step L ←   hop L, ✓ R 5th / <sup>d</sup>   ..... <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> </div>	8
38-40	Slide L ←, ↖, or ↙   cut R, / L leg in same direction ←, ↖, or ↙   hop R, ✓ L 5th / <sup>d</sup>   <div> <div>1</div> <div>2</div> <div>3</div> </div> leap L in same direction ←, ↖, or ↙   ..... <div> <div>4</div> </div>	4
41-43	Step L ←, ↑, or ↓   hop L, / R leg ↑   ..... <div> <div>1</div> <div>2</div> </div>	2

# UNCLASSIFIED STEPS

Number		Counts
44	Slide L ↖, / R leg ↘   hop L   hop L   hop L   keeping R leg ↘ / <sup>d</sup> on 2, 3, 4 and with 360° L on 1-4   step R ↑ <div> <div>1 2 3 4 5</div> <div>hop R, / L leg ↑   step L ↑   hop L, / R leg ↑   ..... 8</div> <div>6 7 8</div> </div>	8
45, 46	Step L ↑ or ↓   step R in same direction ↑ or ↓   step L in same direction ↑ or ↓   hop L, / R leg ↑   ..... <div>1 2 3 4</div>	4
47, 48	Step L ↑ or ↓   hop L, / R leg ↑   step R in same direction ↑ or ↓   hop R, / L leg ↑   step L in same direction ↑ or ↓   <div>1 2 3 4 5</div> <div>step R in same direction ↑ or ↓   step L in same direction ↑ or ↓   hop L, / R leg ↑   ..... 8</div> <div>6 7 8</div>	8
49	Start with R 4th ↑ / <sup>d</sup>   cut R, slide L ←   hop L, / R leg →   cut R, slide L ←   hop L, / R leg →   step R ↑   <div>1 2 3 4 5</div> <div>step L ↑   step R ↑   hop R, / L leg ↑   ..... 8</div> <div>6 7 8</div>	8
50	Slide L ↖   hop L, / R leg ↘   slide R ↗   hop R, / L leg ↙   step L ↑   step R ↑   step L ↑   hop L, / R leg ↑   ..... <div>1 2 3 4 5 6 7 8</div>	8
51	Step R ← × in back of L   step L ←   step R ← × in front of L   hop R, / L leg ↖   ..... <div>1 2 3 4</div>	4
52, 53	Step L ←   hop L, / R leg ↑   step R →   hop R, / L leg ↑   step L ←   step R ← × in front or in back of L   step L ←   <div>1 2 3 4 5 6 7</div> <div>hop L, / R leg ↑   ..... 8</div> <div>8</div>	8
54	Start with R and / <sup>d</sup>   cut R, slide L ←   hop L, / R leg →   cut R, slide L ←   hop L, / R leg →   <div>1 2 3 4</div> <div>step R ← × in back of L   step L ←   step R ← × in front of L   hop R, / L leg ←   ..... 8</div> <div>5 6 7 8</div>	8

## UNCLASSIFIED STEPS

Number		Counts
55	<p>Start with R and <math>\nearrow^d</math>   cut R, slide L <math>\leftarrow</math>   hop L, <math>\nearrow</math> R leg <math>\rightarrow</math>   cut R, slide L <math>\leftarrow</math>   hop L, <math>\nearrow</math> R leg <math>\rightarrow</math>   cut R, slide L <math>\leftarrow</math>  </p> <p style="text-align: center;">1                      2                      3                      4                      5</p> <p>cut R, <math>\nearrow</math> L leg <math>\leftarrow</math>   hop R, <math>\vee</math> L 5th <math>\nearrow^d</math>   hop R, — L leg <math>\leftarrow</math>   .....  </p> <p style="text-align: center;">6                      7                      8</p>	8
56	<p>Start with R and <math>\nearrow^d</math>   cut R, slide L <math>\leftarrow</math>   hop L, <math>\nearrow</math> R leg <math>\rightarrow</math>   cut R, slide L <math>\leftarrow</math>   hop L, <math>\nearrow</math> R leg <math>\rightarrow</math>   leap R <math>\rightarrow</math>   leap L <math>\leftarrow</math>  </p> <p style="text-align: center;">1                      2                      3                      4                      5                      6</p> <p>leap R <math>\rightarrow</math>   hop R, <math>\nearrow</math> L leg <math>\leftarrow</math>   <math>\omega</math> 180° L on 5-8, completing the figure in 8 counts. (The figure necessitates progres-</p> <p style="text-align: center;">7                      8</p> <p>sion <math>\leftrightarrow</math> in a straight line.)</p>	8

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